

Mega Spin

The original and the Best

Train SMART, Not HARD

Your bike

Learn to use it properly – learn how to always select the right gear and get maximum power out of every pedal stroke with correct pedal technique and posture.

Your body

Learn how to get the most out of it – using heart rate specific training to improve your performance and fitness.

Structured training

Train smart, not hard – learn how to train at the right intensity, using the right intervals to boost your cycling performance.



If you're time poor but want amazing results, Mega Spin WILL DELIVER

Class options

Mega Spin (Conditioning) classes emphasize technique and fitness with a focus on correct pedalling technique, posture, gear selection, and heart rate specific training. Mega Spin classes run for 1 hour and are suitable for everyone from beginner to Pro.

Mega Spin HOUR OF POWER (Power Based Training) classes introduce power training for everyone. These classes are designed to boost fitness and performance through power based training, they are intensive and suited to intermediate to advanced riders. Mega Spin Hour of Power classes run for 1 hour.

If you do not have a Power Meter fitted to your bike you will need to download the Kinetic Fit App to your smart phone or tablet to access the power functionality of our trainers.

You need to download the App and create a login prior to your first class or you will not be able to access power.

There are four classes a week; one Mega Spin class, and four Mega Spin Hour of Power classes.

Class costs

8 Weeks \$200 16 Weeks \$360 24 Weeks \$500 32 Weeks \$650 40 Weeks \$800

* Discounts apply when booking and paying for multiple blocks at the same time

187 Rundle Street, Adelaide SA 5000 P: 08 8223 3315 F: 08 8223 5312
megabike.com.au

Location

Mega Spin Studio @ Mega Bike, 187 Rundle Street, Adelaide

2019 Class Times

Morning Class	Tuesday	HOUR OF POWER	7.00 – 8.00 am
Evening Classes	Tuesday	HOUR OF POWER	6.30 – 7.30 pm
	Wednesday	HOUR OF POWER	6.30 – 7.30 pm
	Thursday	SPIN	6.30 – 7.30 pm

2019 Class Dates

Block 1	Tuesday	12 February – 2 April
	Wednesday	13 February – 3 April
	Thursday	14 February – 4 April
Block 2	Tuesday	16 April – 4 June
	Wednesday	17 April – 5 June
	Thursday	18 April – 6 June
Block 3	Tuesday	25 June – 13 August
	Wednesday	26 June - 14 August
	Thursday	27 June – 15 August
Block 4	Tuesday	27 August – 15 October
	Wednesday	28 August - 16 October
	Thursday	29 August – 17 October
Block 5	Tuesday	29 October – 17 December
	Wednesday	30 October – 18 December
	Thursday	31 October – 19 December

What you'll need to bring

- Your fully functioning bike which will be fitted to our machines
- 2 bottles of water
- A towel
- A fully functioning heart rate monitor and cadence computer if you have one. You can borrow one of our heart rate monitors for the first class if necessary.

Please Note: We cannot set up your computer, fix mechanical issues with your bike or do a bike fit during Mega Spin. We'll happily help with any/all of these things if you call and make a booking during normal business hours.

Please make sure you arrive at least 15 minutes before the class starts so we can start on time; latecomers can disrupt the class.

How to register

Download the Mega Spin Class Application form from the website, fill in your details, and fax, email or bring it in. Give us a call and we'll process your payment over the phone or come in and we can register you in person.