

Mega Spin

The original and the Best HIIT for Cyclists

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.



Train SMART, Not HARD

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

Mega Spin Power Based Training

These 1 hour intensive classes introduce power training for everyone. These classes are designed to boost fitness and performance through power based training, they are suitable for everyone from beginner to advanced riders.

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, if you need help setting the App, please make a time to come in, as we cannot do this for you during a class.

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

Location

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

2020 Class Times

Tuesday 6.30 – 7.30 pm
Wednesday 6.30 – 7.30 pm

2020 Class Dates

Block 1	Tuesday	11 February – 31 March
	Wednesday	12 February – 1 April
Block 2	Tuesday	14 April – 2 June
	Wednesday	15 April – 3 June
Block 3	Tuesday	23 June – 11 August
	Wednesday	24 June - 12 August
Block 4	Tuesday	25 August – 13 October
	Wednesday	26 August - 14 October
Block 5	Tuesday	27 October – 15 December
	Wednesday	28 October – 16 December

What you'll need to bring

- Your fully functioning bike which will be fitted to our machines
- 2 bottles of water
- A towel
- Your smart phone or tablet with the Kinetic Fit App installed and set up OR your power meter (fitted to your bike) and cycling computer.

Please Note: We cannot set up your computer, fix mechanical issues with your bike nor 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 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.