

CYCLING ROOM - C2 SCHEDULE



January 8-14, 2018

| | Mon 1/8 | Tues 1/9 | Wed 1/10 | Thurs 1/11 | Fri 1/12 | Sat 1/13 | Sun 1/14 |
|----------|-------------------------------------------|--------------------------------------------|---------------------------------------------|--------------------------------------------|-------------------------------------------|------------------------------------------|----------------------------------------------|
| 5:00 am | | | | | | | |
| | Les Mills RPM 5:30 - 6:15 am Julie | | Les Mills RPM 5:30 - 6:15 am Michelle | | Sun Up-Cycling 5:30 - 6:00 am Kerri | | |
| 6:00 am | | Les Mills RPM 6:00 - 6:30 am Kerri | | Les Mills RPM 6:00 - 6:30 am Kerri | | | |
| 7:00 am | | | | | | | |
| 8:00 am | | | | | | | |
| 9:00 am | | Group Cycling 8:45 - 9:30 am Lauren | | Les Mills RPM 8:45 - 9:30 am Tammy | Group Cycling 8:45 - 9:30 am Lauren | Power Cycling 8:30 - 9:30 am Karen | |
| 10:00 am | | | | | | Group Cycling 9:45 - 10:30 am TBD | |
| 11:00 am | Les Mills RPM 11:15 - 11:45 am Katy | | Group Cycling 11:15 - 11:45 am Jen O | | | | Group Cycling 11:00 - 11:45 am Heather |
| 12:00 pm | | Group Cycling 12:15 - 12:45 pm Jen O | | Group Cycling 12:15 - 12:45 pm Naomi | | | |
| 1:00 pm | | | | | | | |
| 2:00 pm | | | | | | | |
| 3:00 pm | | | | | | | |
| 4:00 pm | EPIC Cycling 4:30 - 5:00 pm Karen | | EPIC Cycling 4:30 - 5:00 pm Karen | | | | |
| 5:00 pm | | | | | Group Cycling 5:00 - 5:45 pm Karen | | |
| 6:00 pm | Les Mills RPM 5:30 - 6:30 pm Karen | Group Cycling 5:30 - 6:15 pm Shelly | Les Mills RPM 5:30 - 6:30 pm Karen | Group Cycling 5:30 - 6:15 pm Shelly | | | |
| 7:00 pm | Group Cycling 7:00 - 7:45 pm Judy | | Group Cycling 7:00 - 7:45 pm Heather | | | | |
| 8:00 pm | | | | | | | |
| 9:00 pm | | | | | | | |

CYCLING CLASSES

Les Mills RPM: Ride to the rhythm of powerful music while doing calorie burning interval training.

Group Cycling: A fun, "freestyle" cycling class with motivating music and instructors.

Sun Up: 30 minutes of Les Mills RPM, followed by 30 minutes of BodyPump™

EPIC: "Endless Possibilities In Cycling". This class was created for people with special needs who have endless possibilities.

Power Cycling: One full hour of hills, sprints and intervals all mixed together to get the heart pumping!