

CYCLING ROOM - C2 SCHEDULE



	Mon 7/16	Tues 7/17	Wed 7/18	Thurs 7/19	Fri 7/20	Sat 7/21	Sun 7/22
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 Michelle		
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							
11:00 am	Les Mills RPM 11:15 - 11:45 am Katy		Group Cycling 11:15 - 11:45 am TBD				
12:00 pm		Group Cycling 12:15 - 12:45 pm Heather		Group Cycling 12:15 - 12:45 pm Shelly			
1:00 pm							<h2>CYCLING CLASSES</h2> <p>Les Mills RPM: Ride to the rhythm of powerful music while doing calorie burning interval training.</p> <p>Group Cycling: A fun, “freestyle” cycling class with motivating music and instructors.</p> <p>Sun Up: 30 minutes of Les Mills RPM, followed by 30 minutes of BodyPump™</p> <p>EPIC: “Endless Possibilities In Cycling”. This class was created for people with special needs who have endless possibilities.</p> <p>Power Cycling: One full hour of hills, sprints and intervals all mixed together to get the heart pumping!</p>
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 Naomi			
7:00 pm	Group Cycling 7:00 - 7:45 pm Heather		Group Cycling 7:00 - 7:45 pm Katy				
8:00 pm							
9:00 pm							