

# CYCLING ROOM - C2 SCHEDULE



June 23-29, 2018

	Mon   7/23	Tues   7/24	Wed   7/25	Thurs   7/26	Fri   7/27	Sat   7/28	Sun   7/29
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 Julie		
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 Jen O				
12:00 pm		Group Cycling 12:15 - 12:45 pm Heather		Group Cycling 12:15 - 12:45 am Katy			
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 Naomi			
7:00 pm	Group Cycling 7:00 - 7:45 pm Yvonne		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!