

CYCLING ROOM - C2 SCHEDULE



December 17-23, 2018

	Mon 12/17	Tues 12/18	Wed 12/19	Thurs 12/20	Fri 12/21	Sat 12/22	Sun 12/23
5:00 am							
6:00 am	Les Mills RPM 5:30 - 6:15 am Michelle	Les Mills RPM 6:00 - 6:30 am Kerri	Les Mills RPM 5:30 - 6:15 am Julie	Les Mills RPM 6:00 - 6:30 am Kerri	Sun Up-Cycling 5:30 - 6:00 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 Katy	
10:00 am						Group Cycling 9:45- 10:30 am Heather	
11:00 am	Les Mills RPM 11:15 - 11:45 am Katy		Group Cycling 11:15 - 11:45 am Jen				Group Cycling 11:00 11:45 am TBD
12:00 pm		Group Cycling 12:15 - 12:45 pm Jen		Group Cycling 12:15 - 12:45 pm Shelly			
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm	EPIC Cycling 4:30 - 5:00 pm Katy		EPIC Cycling 4:30 - 5:00 pm TBD				
5:00 pm					Group Cycling 5:00 - 5:45 pm TBD		
6:00 pm	Les Mills RPM 5:30 - 6:30 pm Katy	Group Cycling 5:30 - 6:15 pm Shelly	Les Mills RPM 5:30 - 6:30 pm TBD	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!