

CYCLING ROOM - C2 SCHEDULE



July 29-Aug 4, 2019

	Mon 7/29	Tues 7/30	Wed 7/31	Thurs 8/1	Fri 8/2	Sat 8/3	Sun 8/4
5:00 am							
6:00 am	Les Mills RPM 5:30 - 6:15 am Julie	Les Mills RPM 6:00 - 6:30 am Kerri	Les Mills RPM 5:30 - 6:15 am Michelle	Les Mills RPM 6:00 - 6:30 am TBD	Sun Up-Cycling 5:30 - 6:00 am Michelle		
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 TBD	Group Cycling 8:45- 9:30 am TBD	Power Cycling 8:30- 9:30 am Heather	
10:00 am							
11:00 am	Les Mills RPM 11:15 - 11:45 am Mackenzie		Group Cycling 11:15 - 11:45 am Jen				Group Cycling 11:00 11:45 am Mackenzie
12:00 pm		Group Cycling 12:15 - 12:45 pm Jen		Group Cycling 12:15 - 12:45 pm Mackenzie			
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm	EPIC Cycling 4:30 - 5:00 pm Yvonne		EPIC Cycling 4:30 - 5:00 pm Katy				
5:00 pm							
6:00 pm	Les Mills RPM 5:30 - 6:30 pm Yvonne	Group Cycling 5:30 - 6:15 pm Shelly	Les Mills RPM 5:30 - 6:30 pm Alyssa	Group Cycling 5:30 - 6:15 pm Naomi			
7:00 pm							
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!