

CYCLING ROOM - C2 SCHEDULE



August 12-18, 2019

	Mon 8/12	Tues 8/13	Wed 8/14	Thurs 8/15	Fri 8/16	Sat 8/17	Sun 8/18
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 Kerri	Sun Up-Cycling 5:30 - 6:00 am Julie		
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 CLOSED	
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 CLOSED
12:00 pm		Group Cycling 12:15 - 12:45 pm Jen		Group Cycling 12:15 - 12:45 pm Shelly			
1:00 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!	
2:00 pm							
3:00 pm							
4:00 pm	EPIC Cycling 4:30 - 5:00 pm Yvonne		EPIC Cycling 4:30 - 5:00 pm Yvonne				
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							