

# CYCLING ROOM - C2 SCHEDULE



August 5-11, 2019

	Mon   8/5	Tues   8/6	Wed   8/7	Thurs   8/8	Fri   8/9	Sat   8/10	Sun   8/11
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 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 TBD	
10:00 am							
11:00 am	Les Mills RPM 11:15 - 11:45 am TBD		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 Shelly			
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 Mackenzie	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!