

CYCLING ROOM - C2 SCHEDULE



March 23-29, 2020

	Mon 3/23	Tues 3/24	Wed 3/25	Thurs 3/26	Fri 3/27	Sat 3/28	Sun 3/29
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	Spin Fusion 5:30 - 6:15 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 Tammy	Group Cycling 8:45 - 9:30 am Lauren	Power Cycling 8:30 - 9:30 am Karen	
10:00 am						Group Cycling 9:45 - 10:30 am TBD	
11:00 am	Les Mills RPM 11:15 - 11:45 am Alyssa		Group Cycling 11:15 - 11:45 am Jen				Group Cycling 11:00 - 11:45 am Michelle
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. Spin Fusion: 30 minutes of cycling followed by 15 minutes of core & strength training. 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 TBD		EPIC Cycling 4:30 - 5:00 pm Karen				
5:00 pm							
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 Alyssa	Group Cycling 5:30 - 6:15 pm Yvonne			
7:00 pm							
8:00 pm							
9:00 pm							