



group cycling

MONTHLY CLASS SCHEDULE

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 HAPPY NEW YEAR! NO CLASSES	2 RPM Yvonne 5:30-6:15 am (C2) Group Cycling Davina 9:00-9:45 am (C2)	3 POWER CYCLING Karen 8:30-9:30 am (C2)	4 Group Cycling Michelle 11:00-11:45 am (C2)
5 RPM Tammy 12:00-12:45 pm (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	6 RPM Kerri 5:30-6:15 am (C2) Group Cycling Amber 9:00-9:45 am (C2) RPM Davina 5:30-6:15 pm (C2)	7 RPM Michelle 5:30-6:15 am (C2) Group Cycling Lauren 12:00-12:45 am (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	8 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	9 RPM Julie 5:30-6:15 am (C2) Group Cycling TBD 9:00-9:45 am (C2)	10 POWER CYCLING Karen 8:30-9:30 am (C2)	11 Group Cycling Davina 11:00-11:45 am (C2)
12 RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	13 RPM Kerri 5:30-6:15 am (C2) Group Cycling Amber 9:00-9:45 am (C2) RPM TBD 5:30-6:15 pm (C2)	14 RPM Michelle 5:30-6:15 am (C2) Group Cycling Lauren 12:00-12:45 am (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	15 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	16 RPM Michelle 5:30-6:15 am (C2) Group Cycling Davina 9:00-9:45 am (C2)	17 POWER CYCLING Karen 8:30-9:30 am (C2)	18 Group Cycling Davina 11:00-11:45 am (C2)
19 RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	20 RPM Kerri 5:30-6:15 am (C2) Group Cycling Amber 9:00-9:45 am (C2) RPM Yvonne 5:30-6:15 pm (C2)	21 RPM Michelle 5:30-6:15 am (C2) Group Cycling Lauren 12:00-12:45 am (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	22 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	23 RPM Michelle 5:30-6:15 am (C2) Group Cycling Davina 9:00-9:45 am (C2)	24 POWER CYCLING Karen 8:30-9:30 am (C2)	25 Group Cycling Davina 11:00-11:45 am (C2)
26 RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	27 RPM Kerri 5:30-6:15 am (C2) Group Cycling Amber 9:00-9:45 am (C2) RPM Yvonne 5:30-6:15 pm (C2)	28 RPM Michelle 5:30-6:15 am (C2) Group Cycling Lauren 12:00-12:45 am (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	29 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	30 RPM Julie 5:30-6:15 am (C2) Group Cycling TBD 9:00-9:45 am (C2)	31 POWER CYCLING Karen 8:30-9:30 am (C2)	

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.