



group cycling

MONTHLY CLASS SCHEDULE

SEPTEMBER



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

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