



# group cycling

## MONTHLY CLASS SCHEDULE



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|---|--|---|---|--|---|---|
|   |  | <p><b>1</b></p> <p>RPM   Michelle<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>12:00-12:45 am (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p>  | <p><b>2</b></p> <p>Group Cycling   Julie<br/>5:30-6:15 am (C2)</p> <p>RPM   Tammy<br/>9:00-9:45 pm (C2)</p>   | <p><b>3</b></p> <p>RPM   Julie<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>9:00-9:45 am (C2)</p>     | <p><b>4</b></p> <p>POWER CYCLING   Karen<br/>8:30-9:30 am (C2)</p>  | <p><b>5</b></p> <p>Group Cycling   Michelle<br/>11:00-11:45 am (C2)</p> |
| <p><b>6</b></p> <p>Group Cycling   Kaylee<br/>5:30-6:15 am (C2)</p> <p>RPM   Alyssa<br/>12:00-12:45 pm (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p>                  | <p><b>7</b></p> <p>RPM   Kerri<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Amber<br/>9:00-9:45 am (C2)</p> <p>RPM   Yvonne<br/>5:30-6:15 pm (C2)</p>  | <p><b>8</b></p> <p>RPM   Michelle<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>12:00-12:45 am (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p>  | <p><b>9</b></p> <p>Group Cycling   Kaylee<br/>5:30-6:15 am (C2)</p> <p>RPM   Tammy<br/>9:00-9:45 pm (C2)</p>  | <p><b>10</b></p> <p>RPM   Michelle<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>9:00-9:45 am (C2)</p> | <p><b>11</b></p> <p>POWER CYCLING   Karen<br/>8:30-9:30 am (C2)</p> | <p><b>12</b></p> <p>Group Cycling   Davina<br/>11:00-11:45 am (C2)</p>  |
| <p><b>13</b></p> <p>Group Cycling   Kaylee<br/>5:30-6:15 am (C2)</p> <p>RPM   Alyssa<br/>12:00-12:45 pm (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p>                 | <p><b>14</b></p> <p>RPM   Kerri<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Amber<br/>9:00-9:45 am (C2)</p> <p>RPM   Julie<br/>5:30-6:15 pm (C2)</p>  | <p><b>15</b></p> <p>RPM   Michelle<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>12:00-12:45 am (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p> | <p><b>16</b></p> <p>Group Cycling   Kaylee<br/>5:30-6:15 am (C2)</p> <p>RPM   Tammy<br/>9:00-9:45 pm (C2)</p> | <p><b>17</b></p> <p>RPM   Julie<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>9:00-9:45 am (C2)</p>    | <p><b>18</b></p> <p>POWER CYCLING   Karen<br/>8:30-9:30 am (C2)</p> | <p><b>19</b></p> <p>Group Cycling   Davina<br/>11:00-11:45 am (C2)</p>  |
| <p><b>20</b></p> <p>Group Cycling   Kaylee<br/>5:30-6:15 am (C2)</p> <p>RPM   Alyssa<br/>12:00-12:45 pm (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p>                 | <p><b>21</b></p> <p>RPM   Kerri<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Amber<br/>9:00-9:45 am (C2)</p> <p>RPM   Julie<br/>5:30-6:15 pm (C2)</p>  | <p><b>22</b></p> <p>RPM   Michelle<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>12:00-12:45 am (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p> | <p><b>23</b></p> <p>Group Cycling   Kaylee<br/>5:30-6:15 am (C2)</p> <p>RPM   Tammy<br/>9:00-9:45 pm (C2)</p> | <p><b>24</b></p> <p>RPM   Michelle<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>9:00-9:45 am (C2)</p> | <p><b>25</b></p> <p>POWER CYCLING   Karen<br/>8:30-9:30 am (C2)</p> | <p><b>26</b></p> <p>Group Cycling   Davina<br/>11:00-11:45 am (C2)</p>  |
| <p><b>27</b></p> <p>Group Cycling   No Class<br/>5:30-6:15 am (C2)</p> <p>RPM   No Classes<br/>12:00-12:45 pm (C2)</p> <p>EPIC Cycling   No Classes<br/>4:30-5:00 pm (C2)</p> <p>RPM   No Classes<br/>5:30-6:30 pm (C2)</p> | <p><b>28</b></p> <p>RPM   Kerri<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Amber<br/>9:00-9:45 am (C2)</p> <p>RPM   Yvonne<br/>5:30-6:15 pm (C2)</p> | <p><b>29</b></p> <p>RPM   Michelle<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>12:00-12:45 am (C2)</p> <p>EPIC Cycling   Karen<br/>4:30-5:00 pm (C2)</p> <p>RPM   Karen<br/>5:30-6:30 pm (C2)</p> | <p><b>30</b></p> <p>Group Cycling   Kaylee<br/>5:30-6:15 am (C2)</p> <p>RPM   Tammy<br/>9:00-9:45 pm (C2)</p> | <p><b>31</b></p> <p>RPM   Julie<br/>5:30-6:15 am (C2)</p> <p>Group Cycling   Lauren<br/>9:00-9:45 am (C2)</p>    |   |   |

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