



group cycling

MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 RPM Julie 5:30-6:15 am (C2) Group Cycling Amber 9:00-9:45 am (C2)	2 POWER CYCLING Humberto 8:30-9:30 am (C2)	3 Group Cycling Michelle 11:00-11:45 am (C2)
4 Spin & Sculpt Julie 5:30-6:15 am (C2) RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Jen 4:30-5:00 pm (C2) RPM Humberto 5:30-6:30 pm (C2)	5 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)	6 RPM Michelle 5:30-6:15 am (C2) Group Cycling Lauren 12:00-12:45 am (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	7 Group Cycling Kaylee 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	8 RPM Yvonne 5:30-6:15 am (C2) Group Cycling Lauren 9:00-9:45 am (C2)	9 POWER CYCLING Yvonne 8:30-9:30 am (C2)	10 Group Cycling Davina 11:00-11:45 am (C2)
11 Spin & Sculpt Kaylee 5:30-6:15 am (C2) RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling TBD 4:30-5:00 pm (C2) RPM TBD 5:30-6:30 pm (C2)	12 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)	13 RPM Michelle 5:30-6:15 am (C2) Group Cycling Alyssa 12:00-12:45 am (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	14 Group Cycling Kaylee 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	15 RPM Michelle 5:30-6:15 am (C2) Group Cycling Julie 9:00-9:45 am (C2)	16 POWER CYCLING Alyssa 8:30-9:30 am (C2)	17 Group Cycling Davina 11:00-11:45 am (C2)
18 Spin & Sculpt Kaylee 5:30-6:15 am (C2) RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Jen 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	19 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)	20 RPM Michelle 5:30-6:15 am (C2) Group Cycling Lauren 12:00-12:45 am (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	21 Group Cycling Kaylee 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	22 RPM Julie 5:30-6:15 am (C2) Group Cycling Lauren 9:00-9:45 am (C2)	23 POWER CYCLING Julie 8:30-9:30 am (C2)	24 Group Cycling TBD 11:00-11:45 am (C2)
25 Spin & Sculpt Kaylee 5:30-6:15 am (C2) RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling TBD 4:30-5:00 pm (C2) RPM Humberto 5:30-6:30 pm (C2)	26 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)	27 RPM Michelle 5:30-6:15 am (C2) SPECIAL EVENT See flyer 9:00-10:30 am (C2, G2) Group Cycling Lauren 12:00-12:45 am (C2) EPIC Cycling TBD 4:30-5:00 pm (C2) RPM Humberto 5:30-6:30 pm (C2)	28  CLOSED	29 RPM Michelle 5:30-6:15 am (C2) Group Cycling Alyssa 9:00-9:45 am (C2)	30 POWER CYCLING Alyssa 8:30-9:30 am (C2)	

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