



*group cycling*

**MONTHLY CLASS SCHEDULE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6		<b>NO CLASSES</b>	2 Group Cycling   Tammy 5:30-6:15 am (C2) RPM   Tammy 9:00-9:45 am (C2)	3 RPM   Julie 5:30-6:15 am (C2) Group Cycling   Lauren 9:00-9:45 am (C2)	4 POWER CYCLING   Sandy 8:30-9:30 am (C2)	5 Group Cycling   Michelle 11:00-11:45 am (C2)
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)	7 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)	8 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)	9 Group Cycling   Kaylee 5:30-6:15 am (C2) RPM   Tammy 9:00-9:45 am (C2)	10 RPM   Michelle 5:30-6:15 am (C2) Group Cycling   TBD 9:00-9:45 am (C2)	11 POWER CYCLING   Alyssa 8:30-9:30 am (C2)	12 Group Cycling   Davina 11:00-11:45 am (C2)
13 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)	14 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)	15 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)	16 Group Cycling   Kaylee 5:30-6:15 am (C2) RPM   Tammy 9:00-9:45 am (C2)	17 RPM   Julie 5:30-6:15 am (C2) Group Cycling   Alyssa 9:00-9:45 am (C2)	18 POWER CYCLING   Humberto 8:30-9:30 am (C2)	19 Group Cycling   Davina 11:00-11:45 am (C2)
20 Spin & Sculpt   Kerri 5:30-6:15 am (C2) RPM   Alyssa 12:00-12:45 pm (C2) EPIC Cycling   Jen 4:30-5:00 pm (C2) RPM   TBD 5:30-6:30 pm (C2)	21 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)	22 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)	23 Group Cycling   Kerri 5:30-6:15 am (C2) RPM   Tammy 9:00-9:45 am (C2)	24 RPM   Yvonne 5:30-6:15 am (C2) Group Cycling   TBD 9:00-9:45 am (C2)	25 POWER CYCLING   Alyssa 8:30-9:30 am (C2)	26 Group Cycling   Davina 11:00-11:45 am (C2)
27 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)	28 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)	29 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)	30 Group Cycling   Kaylee 5:30-6:15 am (C2) RPM   Tammy 9:00-9:45 am (C2)	31 RPM   Michelle 5:30-6:15 am (C2) Group Cycling   Alyssa 9:00-9:45 am (C2)		

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