

JULY



group cycling MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 RPM Kerri 5:30-6:15 am (C2) Group Cycling Tammy 9:00-9:45 am (C2) RPM Yvonne 5:30-6:15 pm (C2)	2 RPM Michelle 5:30-6:15 am (C2) Group Cycling Tammy 12:00-12:45 am (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	3 Group Cycling Tammy 5:30-6:15 am (C2) RPM Julie 9:00-9:45 am (C2)	4 HAPPY 4TH OF JULY FACILITY CLOSED	5 POWER CYCLING Karen 8:30-9:30 am (C2)	6 Group Cycling Michelle 11:00-11:45 am (C2)
7 Group Cycling Julie 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)	8 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)	9 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)	10 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	11 RPM Michelle 5:30-6:15 am (C2) Group Cycling Davina 9:00-9:45 am (C2)	12 POWER CYCLING Karen 8:30-9:30 am (C2)	13 Group Cycling Davina 11:00-11:45 am (C2)
14 Group Cycling TBD 5:30-6:15 am (C2) RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	15 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)	16 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)	17 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	18 RPM Michelle 5:30-6:15 am (C2) Group Cycling Alyssa 9:00-9:45 am (C2)	19 POWER CYCLING Karen 8:30-9:30 am (C2)	20 Group Cycling Davina 11:00-11:45 am (C2)
21 Group Cycling TBD 5:30-6:15 am (C2) RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	22 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)	23 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)	24 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	25 RPM Julie 5:30-6:15 am (C2) Group Cycling Davina 9:00-9:45 am (C2)	26 POWER CYCLING Karen 8:30-9:30 am (C2)	27 Group Cycling Davina 11:00-11:45 am (C2)
28 Group Cycling Julie 5:30-6:15 am (C2) RPM Alyssa 12:00-12:45 pm (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	29 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)	30 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)	31 Group Cycling Tammy 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)			

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