

AUGUST



group cycling

MONTHLY CLASS SCHEDULE



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

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