



group cycling

MONTHLY CLASS SCHEDULE

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 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)	2 Group Cycling Julie 5:30-6:15 am (C2) RPM Amber 9:00-9:45 am (C2)	3 RPM Julie 5:30-6:15 am (C2) Group Cycling Alyssa 9:00-9:45 am (C2)	4 POWER CYCLING Karen 8:30-9:30 am (C2)	5 Group Cycling Davina 11:00-11:45 am (C2)
6 Group Cycling TBD 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)	7 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)	8 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)	9 Group Cycling Tammy 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 Lauren 9:00-9:45 am (C2)	11 POWER CYCLING TBD 8:30-9:30 am (C2)	12 Group Cycling Michelle 11:00-11:45 am (C2)
13 Group Cycling TBD 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)	14 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)	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 Tammy 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 TBD 8:30-9:30 am (C2)	19 Group Cycling Davina 11:00-11:45 am (C2)
20 Group Cycling TBD 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)	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 Tammy 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 Lauren 9:00-9:45 am (C2)	25 POWER CYCLING TBD 8:30-9:30 am (C2)	26 Group Cycling Davina 11:00-11:45 am (C2)
27 Group Cycling TBD 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)	28 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)	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 Tammy 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.