



# group cycling

## MONTHLY CLASS SCHEDULE



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

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