

AUGUST



group cycling

MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 POWER CYCLING Karen 8:30-9:30 am (C2)	2 Group Cycling Michelle 11:00-11:45 am (C2)
3 RPM Tammy 12:00-12:45 pm (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	4 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)	5 RPM Michelle 5:30-6:15 am (C2) Group Cycling TBD 12:00-12:45 am (C2) EPIC Cycling TBD 4:30-5:00 pm (C2) RPM TBD 5:30-6:30 pm (C2)	6 Group Cycling Alyssa 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	7 RPM Michelle 5:30-6:15 am (C2) Group Cycling TBD 9:00-9:45 am (C2)	8 POWER CYCLING Karen 8:30-9:30 am (C2)	9 Group Cycling Davina 11:00-11:45 am (C2)
10 RPM Tammy 12:00-12:45 pm (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	11 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)	12 RPM Michelle 5:30-6:15 am (C2) Group Cycling TBD 12:00-12:45 am (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	13 Group Cycling Alyssa 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	14 RPM Julie 5:30-6:15 am (C2) Group Cycling TBD 9:00-9:45 am (C2)	15 POWER CYCLING Karen 8:30-9:30 am (C2)	16 Group Cycling Davina 11:00-11:45 am (C2)
17 RPM Tammy 12:00-12:45 pm (C2) EPIC Cycling Davina 4:30-5:00 pm (C2) RPM Davina 5:30-6:30 pm (C2)	18 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)	19 RPM Michelle 5:30-6:15 am (C2) Group Cycling TBD 12:00-12:45 am (C2) EPIC Cycling Karen 4:30-5:00 pm (C2) RPM Karen 5:30-6:30 pm (C2)	20 Group Cycling CLOSED 5:30-6:15 am (C2) RPM CLOSED 9:00-9:45 am (C2)	21 RPM CLOSED 5:30-6:15 am (C2) Group Cycling CLOSED 9:00-9:45 am (C2)	22 POWER CYCLING Karen 8:30-9:30 am (C2)	23 Group Cycling Michelle 11:00-11:45 am (C2)
24/31 RPM Tammy 12:00-12:45 pm (C2) EPIC Cycling Karen/Davina 4:30-5:00 pm (C2) RPM Karen/Davina 5:30-6:30 pm (C2)	25 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)	26 RPM Michelle 5:30-6:15 am (C2) Group Cycling TBD 12:00-12:45 am (C2) EPIC Cycling TBD 4:30-5:00 pm (C2) RPM TBD 5:30-6:30 pm (C2)	27 Group Cycling Alyssa 5:30-6:15 am (C2) RPM Tammy 9:00-9:45 am (C2)	28 RPM Julie 5:30-6:15 am (C2) Group Cycling TBD 9:00-9:45 am (C2)	29 BODYPUMP Amber 9:00-10:00 am (G2)	30 Group Cycling Davina 11:00-11:45 am (C2)

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