

CYCLING STUDIO CLASS SCHEDULE

S	M	T	W	T	F	S
	5:45-6:45AM <i>FREESTYLE</i>	5:45-6:45AM <i>LONG HAUL</i>	5:45-6:45AM <i>RIDE ALONG</i>	5:45-6:45AM <i>LONG HAUL</i>	5:45-6:45AM <i>FREESTYLE</i>	
	8:00-8:30AM <i>SPRINT</i>	8:00-9:00AM <i>RIDE ALONG</i>	8:00-9:00AM <i>Starts 9/22 FREESTYLE</i>	8:30-9:30AM <i>FREESTYLE</i>	7:45-8:15AM <i>SPRINT</i>	
	10:00-11:00AM <i>FREESTYLE</i>	10:00-11:00AM <i>FREESTYLE</i>		10:00-11:00AM <i>RIDE ALONG</i>	10:00-11:00AM <i>RECOVERY</i>	10:00-11:00AM <i>TEAM RIDE</i> Week 1: TJ Week 2: Efrain Week 3: Millie Week 4: Tony
	6:00-7:00PM <i>LONG HAUL</i>	6:00-7:00PM <i>RIDE ALONG</i>	6:00-7:00PM <i>FREESTYLE</i>	6:00-6:30PM <i>HIIT</i>		
	7:15-8:15PM <i>RIDE ALONG</i>	7:15-8:15PM <i>FREESTYLE</i>	7:15-8:15PM <i>LONG HAUL</i>	7:15-7:45PM <i>SPRINT</i>		

