

CYCLING STUDIO CLASS SCHEDULE

<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
	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>HIIT</i>		8:00-8:30AM <i>SIMPLY CYCLE</i>			
9:30-10:30AM <i>FREESTYLE</i>	10:00-11:00AM <i>FREESTYLE</i>	10:00-10:45AM <i>HIIT to the Hits</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>
	6:00-7:00PM <i>LONG HAUL</i>	6:00-7:00PM <i>RPM</i>	6:00-7:00PM <i>FREESTYLE</i>	6:00-7:00PM <i>RIDE ALONG</i>		
	7:15-8:15PM <i>RPM</i>	7:15-8:15PM <i>FREESTYLE</i>	7:15-8:15PM <i>RPM</i>			