

**LAKE NONA  
PERFORMANCE  
CLUB** 

<b>Cycling Studio</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AM</b>	5:45-6:45 Freestyle Ana	5:45-6:45 Long Haul Abner	5:45-6:45 Ride-a-Long Abner	5:45-6:45 Long haul Abner	5:45-6:45 Freestyle Kyra		
	8:00-8:30 Cycle HIIT Carmen		8:00-8:45 Simply Cycle Ana			8:45-9:30 Freestyle Brandy	
	10:00-11:00 Freestyle Sandra	10:00-10:45 HIIT to the Hits McKenna	10:00-11:00 Freestyle Eneida	10:00-11:00 Ride-a-Long- Taylor	10:00-11:00 Feel Good Friday Taylor	10:00-11:00 Team Ride STAFF	9:30-10:30 Freestyle Eneida
<b>PM</b>	6:00-7:00 Long Haul Tony	6:00-6:45 Freestyle Alejandro	6:00-7:00 Freestyle Tony	6:00-6:45 Ride-a-Long Alejandro			
	7:15-8:00 RPM Peter	7:00-8:00 Ride-a-Long Jerny	7:15-8:00 RPM Peter	7:00-7:45 HIIT to the Hits McKenna			

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