

# CYCLING STUDIO CLASS SCHEDULE

S	M	T	W	T	F	S
	5:45-6:45AM <i>RPM</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>		
	8:00-8:30AM <i>SPRINT</i>					
9:30-10:30AM <i>RECOVERY</i>	10:00-11:00AM <i>FREESTYLE</i>	10:00-11:00AM <i>RPM</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>	6:00-6:45PM <i>HIIT</i>		
	7:15-8:15PM <i>RPM</i>	7:15-8:15PM <i>FREESTYLE</i>	7:15-8:15PM <i>RPM</i>	7:00-7:30PM <i>SPRINT</i>		