



# CYCLE STUDIO: LIVE CLASSES/ LES MILLS VIRTUAL CYCLE CLASSES 3/1/20

| SUNDAY                                  | MONDAY                                  | TUESDAY                               | WEDNESDAY                               | THURSDAY                             | FRIDAY                                  | SATURDAY                             |
|---|---|---------------------------------------|---|--------------------------------------|---|--------------------------------------|
| 7:15-8:05<br>                           | **5:45-6:30 am<br><br>Byrdeen           | **6:00-6:30 am<br><br>Susan           | **5:30-6:00 am<br><br>Byrdeen           | **6:00-6:30 am<br><br>Susan          | **5:45-6:30 am<br>CYCLE/PUMP<br>Byrdeen | 7:15-7:45<br>                        |
| 8:30-9:00<br>                           | **7:00-7:45 am<br>CYCLE BURN AM<br>Eric | 7:00-7:45<br>                         | **7:00-7:45 am<br>CYCLE BURN AM<br>Eric | 7:00-7:45<br>                        | 7:00-7:30<br>                           | **8:15-9:15<br>CYCLE BURN AM<br>Eric |
| **9:30-10:15<br>CYCLE BURN AM<br>Jennie | 8:00-8:30<br>                           | 8:00-8:30<br>                         | 8:00-8:30<br>                           | 8:00-8:30<br>                        | 7:45-8:30<br>                           | **9:30-10:30<br>CYCLE BURN<br>Lisa   |
| 10:30-11:15<br>                         | **9:00-9:50<br>CYCLE BURN<br>Jen        | **9:00-9:45<br>CYCLE BURN<br>Dani     | **9:00-9:50<br>CYCLE BURN<br>Jen        | **9:00-9:45<br>CYCLE BURN<br>Lisa    | **9:00-9:45<br>CYCLE BURN<br>Becky      | 10:45-11:15<br><br>BEGINNER          |
| 11:30-12:00<br><br>BEGINNER             | 10:15-11:00<br>                         | 10:15-10:45<br>                       | 10:15-11:00<br>                         | 10:15-10:45<br><br>BEGINNER          | 10:15-11:05<br>                         | 11:30-12:15<br>                      |
| 12:15-1:05<br>                          | 11:15-11:45<br>                         | 11:00-11:50<br>                       | 11:15-11:45<br>                         | 11:00-11:45<br>                      | 11:15-12:00<br>                         | 12:30-1:20<br>                       |
| 1:15-2:00<br>                           | **12:15-12:45<br>XPRESS CYCLE<br>Becky  | **12:15-12:45<br><br>Jenny            | **12:15-12:45<br>XPRESS CYCLE<br>Lauren | **12:15-12:45<br><br>Abby            | **12:15-12:45<br><br>Jenny              | 1:30-2:00<br>                        |
| 2:15-2:45<br>                           | 1:00-1:50<br>                           | 1:00-1:45<br>                         | 1:00-1:50<br>                           | 1:00-1:30<br>                        | 1:00-1:50<br>                           | 2:15-3:00<br>                        |
| 3:00-3:45<br>                           | 2:00-2:45<br>                           | 2:00-2:30<br><br>BEGINNER             | 2:00-2:45<br>                           | 1:45-2:30<br>                        | 2:00-2:45<br>                           | 3:15-4:05<br>                        |
| 4:00-4:30<br><br>BEGINNER               | 3:00-3:30<br>                           | 2:45-3:35<br>                         | 3:00-3:30<br>                           | 2:45-3:35<br>                        | 3:00-3:30<br>                           | 4:15-4:45<br>                        |
| 5:30-6:00<br>                           | 3:45-4:35<br>                           | **4:30-5:00<br>XPRESS CYCLE<br>Jennie | 3:45-4:35<br>                           | 3:45-4:15<br>                        | 3:45-4:35<br>                           | 5:00-5:45<br>                        |
| 6:15-7:00<br>                           | 4:45-5:15<br>                           | **5:45-6:30<br>CYCLE BURN<br>Quinn    | 4:45-5:15<br>                           | 4:30-5:20<br>                        | 4:45-5:30<br>                           | 6:00-6:50<br>                        |
| 7:15-7:45<br>                           | **5:45-6:30<br>CYCLE BURN<br>Lisa       | 7:00-7:30<br>                         | **5:45-6:30<br><br>Jodi                 | **5:45-6:30<br>CYCLE BURN<br>Chelsea | 5:45-6:15<br>                           | 7:00-7:30<br>                        |
|   | 6:45-7:30<br>                           | 7:45-8:30<br>                         | 6:45-7:30<br>                           | 7:00-7:30<br>                        | 6:30-7:20<br>                           |                                      |
|   | 7:45-8:35<br>                           | 8:45-9:15<br>                         | 7:45-8:15<br>                           | 7:45-8:30<br>                        |   |                                      |
|   | 8:45-9:15<br>                           |                                       | 8:30-9:20<br>                           | 8:45-9:35<br>                        |   |                                      |

**\*\*SIGN UP REQUIRED FOR ALL LIVE CYCLE CLASSES:** Online 3 hours prior to class, 2 hours prior in-house or by phone  
**CYCLE BURN AM/ XPRESS CYCLE AM CLASSES/CYCLE PUMP AM:** Online 12 hours prior to class, 2 hours  
 In-house or by phone