



Cycle Room Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Virtual RPM 6:00 - 6:50 AM	Virtual SPRINT 6:00 - 6:30 AM	Virtual RPM 6:00 - 6:50 AM	Virtual THE TRIP 6:00 - 6:30 AM	Virtual RPM 6:00 - 6:50 AM		
7:00 AM	HIIT CYCLE Live 7:15 - 7:45 AM Peggy	Virtual RPM 7:00 - 7:50 AM	SPRINT Live 7:15 - 7:45 AM Kimi	Virtual RPM 7:00 - 7:50 AM	Virtual SPRINT 7:00 - 7:30 AM		
8:00AM	RPM Live 8:00 - 8:45 AM Terri	Virtual SPRINT 8:00 - 8:30 AM	RPM Live 8:00 - 8:45 AM Michelle	Virtual SPRINT 8:00 - 8:30 AM	RPM Live 8:00 - 8:45 AM Terri	RPM Live 8:00 - 8:45 AM Michelle	Virtual THE TRIP 8:00 - 8:50 AM
9:00 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual THE TRIP 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual THE TRIP 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual RPM 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM
10:00 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	RPM Live 10:00 - 10:45 AM Terri / Michelle
11:00 AM	Virtual SPRINT 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual THE TRIP 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual THE TRIP 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual SPRINT 11:00 - 11:30 AM
12:00 PM	Virtual THE TRIP 12:00 - 12:50 PM	Virtual SPRINT 12:00 - 12:30 PM	Virtual RPM 12:00 - 12:50 PM	Virtual THE TRIP 12:00 - 12:30 PM	Virtual SPRINT 12:00 - 12:30 PM	Virtual SPRINT 12:00 - 12:30 PM	Virtual THE TRIP 12:00 - 12:50 PM
1:00 PM	Virtual SPRINT 1:00 - 1:30 PM	Virtual RPM 1:00 - 1:50 PM	Virtual SPRINT 1:00 - 1:30 PM	Virtual RPM 1:00 - 1:50 PM	Virtual RPM 1:00 - 1:50 PM	Virtual THE TRIP 1:00 - 1:50 PM	Virtual SPRINT 1:00 - 1:30 PM
2:00 PM	Virtual RPM 2:00 - 2:50 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual THE TRIP 2:00 - 2:50 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual THE TRIP 2:00 - 2:30 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual RPM 2:00 - 2:50 PM
3:00 PM	Virtual SPRINT 3:00 - 3:30 PM	Virtual RPM 3:00 - 3:50 PM	Virtual SPRINT 3:00 - 3:30 PM	Virtual RPM 3:00 - 3:50 PM	Virtual RPM 3:00 - 3:50 PM	Virtual RPM 3:00 - 3:50 PM	Virtual SPRINT 3:00 - 3:30 PM
4:00 PM	Virtual RPM 4:00 - 4:50 PM	Virtual THE TRIP 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM	Virtual SPRINT 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM	Virtual SPRINT 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM
5:00 PM	Virtual SPRINT 5:00 - 5:30 PM	Virtual RPM 5:00 - 5:50 PM	CYCLE then SCULPT 5:00 - 5:50 PM Michelle	Virtual RPM 5:00 - 5:50 PM	Virtual THE TRIP 5:00 - 5:30 PM	Virtual RPM 5:00 - 5:50 PM	Virtual THE TRIP 5:00 - 5:30 PM
6:00 PM	Virtual RPM 6:00 - 6:50 PM	RPM30 Live 6:30 - 7:00 PM Terri	Virtual THE TRIP 6:00 - 6:50 PM	Virtual SPRINT 6:00 - 6:30 PM	Virtual RPM 6:00 - 6:50 PM	Virtual THE TRIP 6:00 - 6:30 PM	Virtual RPM 6:00 - 6:50 PM

Virtual and Live Cycle Classes

* Due to noise (Refuge and tennis disturbance), door and windows must remain closed from 10:00am - 10:00pm

* Please shake off excess dirt off of shoes outside of the room before using the bike

* Please wipe down your bike with the wet wipe after use