



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 SPRINT 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 | SPRINT Live 12:00 - 12:30 PM Tamara | 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