



Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:45	Large Group Strength 45 Min Elizabeth	Indoor Cycle 45 Min Elizabeth	Large Group Strength 45 Min Elizabeth	Indoor Cycle 45 Min Elizabeth	Large Group Strength 45 Min Elizabeth	
7:00	Cycle Moles L1 60min Robin	30 Min Cycle Elizabeth Cardio Tennis 60Min Matt I	Cycle Moles L1 60min Robin		Indoor Cycle 60 Min Elizabeth	
8:30	TRX Circuits 30 Min Elizabeth	Healthy Knees L1 45 Min Robin	TRX Circuits 30 Min Elizabeth	Healthy Knees L1 45 Min Robin	TRX Circuits 30 Min Elizabeth	8:00 Indoor Cycle 60 Min Robin
9:00	TRX Mobility 45 Min Jackie	Large Group Strength 45 Min Tyler			TRX Mobility 45 Min Jackie	Free Bike Fit!
9:30		Healthy Knees L2 60 Min Jackie		Healthy Knees L2 60 Min Jackie		Intro to Cycling 30 min Robin
10:00	VIP 30 Min Tyler		VIP 30 Min Tyler		VIP 30 Min Tyler	
10:30	30 Min Cycle Jackie		30 Min Cycle Jackie		30 Min Cycle Jackie	
11:00	Body Con 45 Min Tyler		Body Con 45 Min Tyler		Body Con 45 Min Tyler Cardio Tennis 60Min Griffin	
5:30	Large Group Strength 45 Min Tyler	Large Group Strength 45 Min Roxanne	Large Group Strength 45 Min Tyler	Large Group Strength 45 Min Roxanne Indoor Cycle 60 Min Elizabeth	Large Group Strength 45 Min Tyler	
6:30	Indoor Cycle 60 Min Matt V.					

Classes in red text indicate a Fitness Camp, which requires registration & additional fee.

Classes in a gray box indicate that they will take place in the "ride" cycle studio.

All other classes are drop-in and available to ALL MEMBERS this month.