



CYCLE STUDIO

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am		8:30 am PERFORMANCE CYCLING Strength- Intervals-Speed- ABBIE			8:30 am SPIN POWER Strength-Speed- Endurance -SHARON	8:00 am RACY RHYTHMS Speed & Energy -FOTIS	
9am	9:00 am SPIN POWER Strength-Speed- Endurance -STACIE						9:30 am ROCK CRUSADER Strength & Intervals -SHARON/BRYAN
10am							
11am							
12pm		12:15 pm RACY RHYTHMS Speed & Energy -FOTIS		12:15 pm RACY RHYTHMS Speed & Energy -FOTIS			
1pm							
2pm							
3pm							
4pm							
5pm			5:30 pm STACY'S POWER HOUR Strength & Endurance -STACY				
6pm							
7pm							