

CYCLE SCHEDULE

MUST BE A CYCLING SECTION MEMBER TO PARTICIPATE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:45-7:30 am CYCLE with Marysia		6:30 - 7:30 am * CYCLE GAMES with Lori	7 - 7:45 am CYCLE with Marysia	10 - 10:45 am CYCLE with Andrew	9:30 - 11 am CYCLE with Deirdre
12:30 - 1:15 pm CYCLE with Carmen	12 - 12:45 pm CYCLE BLITZ with Blair	12:30 - 1:15 pm CYCLE with James	12 - 12:45 pm CYCLE GAMES with Lori	12:30 - 1:15 pm CYCLE with Katya		
	1 - 1:45 pm CYCLE CLIMB with Jill		1 - 2 pm * CYCLE with Blair			
6 - 7 pm CYCLE GAMES *	5:30 - 6:15 pm CHALLENGE RIDE with Jorhdin	5:30 - 6:30 pm * CYCLE with Kimchan	NEW CLASS 5:30 - 6:15 pm CYCLE with Jeff			

CYCLE CLASS LEVEL GUIDE:

- * **Advanced** = 1 hour class
- ⚙️ **Advanced 2** = 1.5 hour class
- ♦ **Beginner**

All other classes are 45 minutes

Cycling burns 600-1000 calories!

PAID PROGRAMMING

WINTER 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 - 8:45 am BODY WORX with Sarah	7 - 8 am BOXING with Dexter	8 - 9 am PRENATAL PROGRAM with Sarah & Natasha			10:30 am - 12 pm BOXING with Dexter	
1:45 - 2:30 pm FLEX IT! with Anna		1:45 - 2:45 pm BEGINNER YOGA II with Ian		1:45 - 2:30 pm FLEX IT! with Anna		
2 - 3 pm HATHA YOGA (BEGINNER) with Ian						
3 - 4 pm YOGA FOR RUNNERS with Vanessa	3 - 4 pm YOGA FOR MEN with Janice	3 - 4 pm YOGA FOR MEN with Janice	3 - 4 pm YOGA FOR MEN with Janice			
		4:45 - 5:30 pm FLEX IT! with Anna	4:45 - 5:30 pm CHISEL with Anna			
		6:30 - 7:30 pm SPARRING with Dexter				



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