



CYCLE STUDIO VIRTUAL SCHEDULE

CHASCO Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:20am The Trip (45 min)	5:20am Sprint (30 min)	5:20am RPM (50 min)	5:20am Sprint (30 min)		
7:10am RPM (30 min)	7:10am The Trip (45 min)	7:10am Sprint (30 min)	7:10am RPM (30 min)	7:10am The Trip (45 min)	7:10am Sprint (30 min)	
8:10am Sprint (30 min)	8:10am RPM (50 min)	8:10am The Trip (45 min)	8:10am Sprint (30 min)		8:10am Sprint (30 min)	
9:30am RPM (50 min)	9:05am The Trip (45 min)			9:00am RPM (50 min)		
	10:05am Sprint (30 min)	10:05am The Trip (45 min)		10:05am The Trip (45 min)		
11:00am Sprint (30 min)	11:00am RPM (50 min)	11:00am RPM (50 min)	11:00am Sprint (30 min)	11:00am Sprint (30 min)	11:00am The Trip (45min)	
12:00pm RPM (30 min)	12:00pm The Trip (45 min)	12:00pm Sprint (30 min)	12:00pm The Trip (45 min)	12:00pm RPM (50 min)	12:00pm RPM (50 min)	
					1:00pm Sprint (30 min)	1:45pm The Trip (45min)
1:00pm Sprint (30 min)	1:00pm RPM (50 min)	1:00pm The Trip (45 min)	1:00pm Sprint (30 min)	1:00pm RPM (30 min)		
					2:00pm The Trip (45 min)	2:45pm Sprint (30 min)
2:00pm The Trip (45 min)	2:00pm RPM (30 min)	2:00pm Sprint (30 min)	2:00pm RPM (50 min)	2:00pm Sprint (30 min)		
**3:00pm RPM (30 min)	3:00pm Sprint (30 min)	3:00pm RPM (50 min)	3:00pm The Trip (45 min)	3:00pm RPM (30 min)	3:00pm RPM (30 min)	3:30pm RPM (50 min)
					3:45pm The Trip (45 min)	
4:00pm Sprint (30 min)	4:00pm The Trip (45 min)	4:00pm The Trip (45 min)	4:00pm Sprint (30 min)	4:00pm The Trip (45 min)		4:45pm The Trip (45 min)
5:00pm The Trip (45 min)	5:00pm RPM (50 min)	5:00pm Sprint (30 min)	5:00pm RPM (50 min)	5:00pm Sprint (30 min)		
	6:00pm Sprint (30 min)	6:00pm RPM (50 min)	6:00pm Sprint (30 min)	6:00pm RPM (50 min)		
7:00pm Sprint (30 min)	7:00pm The Trip (45 min)	7:00pm Sprint (30 min)	**7:00pm RPM (30 min)			

**** Beginner Format**

Updated: 4/19/21