



# CYCLE STUDIO LIVE & VIRTUAL SCHEDULE

## Twin Lakes Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am TheTrip (V)(45min)	5:15am RPM (V)(60min)	5:15am Sprint (V)(30min)	5:15am RPM (V)(60min)	5:15am TheTrip (V)(45min)		
		6:00am TheTrip (V)(45min)				
7:00am RPM (V)(60min)	7:00am The Trip (V)(45min)	7:00am Sprint (V)(30 min)	7:00am RPM (V)(60min)	7:00am TheTrip (V)(45min)		
8:30am RPM (V)(50min)	8:30am The Trip (V)(45min)	8:00am Spint (V)(30min)	8:30am TheTrip (V)(45min)	8:30am Sprint (V)(30min)	8:00am Sprint (V)(30min)	
10:00am The Trip (V)(45min)	10:00am Sprint (V)(30min)	*9:00am RPM(50min) Amy R	10:00am RPM (V)(50min)	9:30am RPM (V)(50min)	9:00am RPM (V)(50min)	
11:00am TheTrip (V)(45min)	10:45am RPM (V)(50min)	11:00am TheTrip (V)(45min)		11:00am Sprint (V)(30min)	11:00am TheTrip (V)(45min)	
12:00pm RPM (V)(50min)	12:00pm The Trip (V)(45min)	12:00pm Sprint (V)(30min)	12:00pm The Trip (V)(45min)	12:00pm Sprint (V)(30min)	12:00pm RPM (V)(50min)	
1:00pm Sprint (V)(30min)	1:00pm RPM (V)(50 min)	1:00pm TheTrip (V)(45min)	1:00pm Sprint (V)(30min)	1:00pm RPM (V)(50min)		
					1:30pm Sprint (V)(30min)	1:30pm TheTrip (V)(45min)
2:00pm TheTrip (V)(45min)		2:00pm Sprint (V)(30min)	2:00pm RPM (V)(50min)	2:00pm Sprint (V)(30min)		
	2:30pm RPM (V)(30min)				2:30pm TheTrip (V)(45 min)	2:30pm RPM (V)(50 min)
3:00pm RPM (V)(50min)		3:00pm RPM (V)(50min)		3:00pm The Trip (V)(45min)		
	3:15pm Sprint (V)(30min)		3:00pm TheTrip (V)(45min)		3:30pm RPM (V)(50min)	3:30pm Sprint (V)(30min)
4:30pm Sprint (V)(30min)	4:00pm TheTrip (V)(45min)	4:30pm RPM (V)(50min)	4:00pm RPM (V)(30min)	4:00pm RPM (V)(50min)		
	5:15pm Sprint (V)(30min)		5:15pm Sprint (V) (30min)	5:15pm Sprint (V)(30min)		
6:00pm TheTrip (V)(45min)	6:15pm TheTrip (V)(45min)	6:00pm Sprint (V)(30min)	6:00pm The Trip (V)(45min)	6:00pm The Trip (V)(45min)		
7:30pm RPM (V)(50min)	7:30 pm Sprint (V)(30min)	7:00pm RPM (V)(50min)	7:30pm RPM (V)(50 min)	7:30pm RPM (V)(50min)		Updated: 9/17/20

\*Live Class