

12-Dec: ClubCycle

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
						1	2
						3	
Time					5:45-6:45 am	8:00-9:00am	8:30-9:30am
Title					H.I.I.T	CZ80's Movies	Cycle
Instructor					Linda	Kim	Tiffany
Time					9:15-10:15am		
Title					Old School		
Instructor					Amy		
Time							
Title							
Instructor							
	4	5	6	7	8	9	10
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am
Title		Basic Cycle	Rough Ride	CycleZone	Speed of Sound	Basic	All Terrain
Instructor		Linda	Linda	Linda	Linda	Sandra	Tiffany
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
Title	Cyclezone		Midweek burn		CycleZone: Power		
Instructor	AJ		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm	6:30-7:30pm	5:45-6:45pm			
Title	80s/90s	CZ Edurance	Endurance	CZ Hills & Drills			
Instructor	Linda U	Hilary	Sandra	Hilary			
	11	12	13	14	15	16	17
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am
Title		Basic Cycle	Cycle Challenge	Tabata Trail	H.I.I.T.	CZHills w/Drills	Intervals
Instructor		Linda	Linda	Linda	Linda	Kim	Tiffany
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
Title	Cyclezone		#1 hits		CZ: HiiT		
Instructor	AJ		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm	6:30-7:30pm	5:45-6:45pm			
Title	CZ w/Tabata	Cycle Zone	Intervals	CZ HIIT			
Instructor	Linda U	Hilary	Sandra	Hilary			
	18	19	20	21	22	23	24
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am
Title		Basic Cycle	Ride I.T.	Afterburn	Rock-It	Basic Cycle	Holiday Hustle
Instructor		Linda	Linda	Linda	Linda	Sandra	Tiffany
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
Title	Cyclezone		Rise and grind		CZ: Endurance		Christmas Eve
Instructor	AJ		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm	6:30-7:30pm	5:45-6:45pm			
Title	Cyclezone Mix	Cycle Zone	Endurance				
Instructor	Linda U	Hilary	Sandra	Hilary			
	25	26	27	28	29	30	31
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am
Title		Basic Cycle	Fast&Furious	H.I.I.T.		Resolutions Ride	The Final Countdown!
Instructor		Linda	Linda	Linda	Linda	Kim	Tiffany
Time			9:15-10:15am		9:15-10:15am		
Title			Cyclezone		2017 Countdown		New Years Eve
Instructor	Club closed		Tiffany		Amy		
Time		5:45-6:45pm	6:30-7:30pm	5:45-6:45pm			
Title		Cycle Zone	Fat Burner				
Instructor		Hilary	Sandra	Hilary			