	Mon	Tues	Wed	Thur	Fri	Sat	Sun		
					1	2	3		
Time					5:45-6:45 am	8:00-9:00am	8:30-9:30am		
nstructor					Linda	Kim		** With the launch of the MindBody App - you will need to submit your class description if you do not use the	
Time					9:15-10:15am	ram		standard CycleZone formats (See rows 53-60). So if you	
Tillie					9.13-10.13aiii			use Tabata Trail / Sunday Fun Day, etc - you need to	
								email Cat by 20th of the month with a short description	
Instructor					Amy			for that class.	
Time									
nstructor									
	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		
		Basic Cycle							
Instructor		Linda	Linda	Linda	Linda	AJ			
	0.45.40.45	Liliua		Lilida	-	Αυ			
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am				
nstructor	AJ		Tiffany		Amy				
Time	5:45-6:45pm	5:45-6:45pm	6:15-7:15 pm	5:45-6:45pm					
nstructor	Linda U	Hilary	Maureen	Hilary					
	11				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		
<b></b>		Basic Cycle	2.10 0.70 0111	2.00 0.000111	2.10 0.10 0.11	2.00 0.000	2.00 0.000111		
			I to do	t to do	I to do	IZ.			
nstructor	0.45.40.45	Linda	Linda	Linda	Linda	Kim			
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am				
Instructor	AJ		Tiffany		Amy				
Time	5:45-6:45pm	5:45-6:45pm	6:15-7:15 pm	5:45-6:45pm					
Instructor	Linda U	Hilary	Maureen	Hilary					
	18				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		
			0.10 0.10 0	0.00 0.000	0.10 0.10 0.11	0.00 0.000	0.00 0.000		
Instructor		Basic Cycle	Linda	Lindo	Lindo	A 1			
	0.45.40.45		Linda	Linda	Linda	AJ			
Instructor Time	9:15-10:15am	Basic Cycle	Linda 9:15-10:15am	Linda	Linda 9:15-10:15am	AJ			
		Basic Cycle	9:15-10:15am	Linda		AJ			
	9:15-10:15am	Basic Cycle		Linda		AJ			
Time		Basic Cycle	9:15-10:15am	Linda 5:45-6:45pm	9:15-10:15am	AJ			
Fime nstructor	AJ	Basic Cycle Linda	9:15-10:15am Tiffany		9:15-10:15am	AJ			
Fime nstructor Fime	AJ 5:45-6:45pm	Basic Cycle Linda 5:45-6:45pm	9:15-10:15am Tiffany 6:15-7:15 pm	5:45-6:45pm	9:15-10:15am	AJ			
Time nstructor Time	AJ 5:45-6:45pm Linda U	Basic Cycle Linda 5:45-6:45pm Hilary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen	5:45-6:45pm Hilary	9:15-10:15am Amy				
nstructor Time nstructor	AJ 5:45-6:45pm	Basic Cycle Linda 5:45-6:45pm Hilary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen	5:45-6:45pm Hilary	9:15-10:15am Amy	30			
nstructor Fime	AJ 5:45-6:45pm Linda U	Basic Cycle Linda 5:45-6:45pm Hilary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen	5:45-6:45pm Hilary	9:15-10:15am Amy				
Fime Instructor Fime Instructor Instructor	AJ 5:45-6:45pm Linda U	Basic Cycle Linda  5:45-6:45pm Hilary  26 8:00-8:45am	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am	5:45-6:45pm Hilary 28 8:00-9:00am	9:15-10:15am Amy 29 5:45-6:45 am	3( 8:00-9:00am			
Fime Instructor Fime Instructor Fime Instructor Instructor	AJ 5:45-6:45pm Linda U	Basic Cycle Linda 5:45-6:45pm Hilary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda	5:45-6:45pm Hilary	9:15-10:15am Amy 29 5:45-6:45 am Linda	30			
Fime Instructor Fime Instructor Fime Instructor Instructor	AJ 5:45-6:45pm Linda U	Basic Cycle Linda  5:45-6:45pm Hilary  26 8:00-8:45am	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am	5:45-6:45pm Hilary 28 8:00-9:00am	9:15-10:15am Amy 29 5:45-6:45 am	3( 8:00-9:00am			
Time	AJ 5:45-6:45pm Linda U	Basic Cycle Linda  5:45-6:45pm Hilary  26 8:00-8:45am	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda	5:45-6:45pm Hilary 28 8:00-9:00am	9:15-10:15am Amy 29 5:45-6:45 am Linda	3( 8:00-9:00am			
nstructor Time  nstructor  fime  nstructor  fime  nstructor	AJ 5:45-6:45pm Linda U	Basic Cycle Linda  5:45-6:45pm Hilary  26 8:00-8:45am	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda	5:45-6:45pm Hilary 28 8:00-9:00am	9:15-10:15am Amy 29 5:45-6:45 am Linda	3( 8:00-9:00am			
Fime Instructor Fime Instructor Fime Instructor Instructor	AJ 5:45-6:45pm Linda U 25 9:15-10:15am	Basic Cycle Linda  5:45-6:45pm Hilary  26 8:00-8:45am	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27  5:45-6:45 am  Linda  9:15-10:15am	5:45-6:45pm Hilary 28 8:00-9:00am	9:15-10:15am Amy 29 5:45-6:45 am Linda 9:15-10:15am	3( 8:00-9:00am			
nstructor Time  nstructor Time  nstructor Time  nstructor nstructor	AJ 5:45-6:45pm Linda U 25 9:15-10:15am	Basic Cycle Linda  5:45-6:45pm  Hilary  26  8:00-8:45am  Linda	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27  5:45-6:45 am  Linda 9:15-10:15am	5:45-6:45pm Hilary 28 8:00-9:00am Linda	9:15-10:15am Amy 29 5:45-6:45 am Linda 9:15-10:15am	3( 8:00-9:00am			
nstructor Time  nstructor Time  nstructor Time  nstructor Time  nstructor	AJ 5:45-6:45pm Linda U 25 9:15-10:15am AJ 5:45-6:45pm	Basic Cycle Linda  5:45-6:45pm Hilary 26 8:00-8:45am Linda  5:45-6:45pm	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27  5:45-6:45 am  Linda 9:15-10:15am	5:45-6:45pm Hilary 28 8:00-9:00am Linda 5:45-6:45pm	9:15-10:15am Amy 29 5:45-6:45 am Linda 9:15-10:15am	3( 8:00-9:00am			
nstructor Filme  Instructor Filme  Instructor Filme  Instructor Filme  Instructor Filme	AJ 5:45-6:45pm Linda U 25 9:15-10:15am	Basic Cycle Linda  5:45-6:45pm  Hilary  26  8:00-8:45am  Linda	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27  5:45-6:45 am  Linda 9:15-10:15am  Tiffany 6:15-7:15 pm	5:45-6:45pm Hilary 28 8:00-9:00am Linda	9:15-10:15am Amy 29 5:45-6:45 am Linda 9:15-10:15am	3( 8:00-9:00am			
rime  Instructor  Ime Instructor	AJ 5:45-6:45pm Linda U 25 9:15-10:15am AJ 5:45-6:45pm Linda U	Basic Cycle Linda  5:45-6:45pm Hillary  26  8:00-8:45am Linda  5:45-6:45pm Hillary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27  5:45-6:45 am  Linda 9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen	5:45-6:45pm Hilary 28 8:00-9:00am Linda 5:45-6:45pm Hilary	9:15-10:15am  Amy  29  5:45-6:45 am  Linda  9:15-10:15am  Amy	3( 8:00-9:00am			
Time  Instructor  Ime Instructor  Inst	AJ 5:45-6:45pm Linda U 25 9:15-10:15am AJ 5:45-6:45pm Linda U	Basic Cycle Linda  5:45-6:45pm Hilary  26  8:00-8:45am Linda  5:45-6:45pm Hilary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda 9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen	5:45-6:45pm Hilary 28 8:00-9:00am Linda 5:45-6:45pm Hilary	9:15-10:15am  Amy  29  5:45-6:45 am  Linda  9:15-10:15am  Amy	3( 8:00-9:00am			
Time  Instructor  Itime Instructor  Instructor  Instructor  Instru	AJ 5:45-6:45pm Linda U 25 9:15-10:15am AJ 5:45-6:45pm Linda U Umats - all using Pc you can pick any	Basic Cycle Linda  5:45-6:45pm  Hilary  26  8:00-8:45am  Linda  5:45-6:45pm  Hilary  blar Club and instructor of the formats are	9:15-10:15am Tiffany 6:15-7:15 pm Maureen 27 5:45-6:45 am Linda 9:15-10:15am Tiffany 6:15-7:15 pm Maureen ructor is referencind are using Polar	5:45-6:45pm Hilary 28 8:00-9:00am Linda 5:45-6:45pm Hilary ug the 5 HR zones and referencing to	9:15-10:15am  Amy  29  5:45-6:45 am  Linda  9:15-10:15am  Amy	3(8:00-9:00am Kim			
Time  Instructor  Ime  Instructor  Instructor  Ime  Instructor  Instruct	AJ 5:45-6:45pm Linda U 25 9:15-10:15am AJ 5:45-6:45pm Linda U Linda U you can pick any class consists of	Basic Cycle Linda  5:45-6:45pm Hilary 26 8:00-8:45am Linda  5:45-6:45pm Hilary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda 9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen	5:45-6:45pm Hilary 28 8:00-9:00am Linda 5:45-6:45pm Hilary ug the 5 HR zones and referencing to of the class: tabat	9:15-10:15am  Amy  29 5:45-6:45 am  Linda 9:15-10:15am  Amy	3(8:00-9:00am Kim			
Fime  Instructor  Fime  Instructor  Instru	AJ 5:45-6:45pm Linda U 25 9:15-10:15am AJ 5:45-6:45pm Linda U Umats - all using Pc you can pick any	Basic Cycle Linda  5:45-6:45pm Hilary 26 8:00-8:45am Linda  5:45-6:45pm Hilary	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda 9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen	5:45-6:45pm Hilary 28 8:00-9:00am Linda 5:45-6:45pm Hilary ug the 5 HR zones and referencing to of the class: tabat	9:15-10:15am  Amy  29 5:45-6:45 am  Linda 9:15-10:15am  Amy	3(8:00-9:00am Kim		orkout	
rime  Instructor  Ime Ime Instructor  Ime Ime Instructor  Ime Ime Ime Ime Ime Ime Ime Ime Ime Im	AJ 5:45-6:45pm Linda U 25 9:15-10:15am AJ 5:45-6:45pm Linda U  mats - all using Poyou can pick any class consists of a class focuses or	Basic Cycle Linda  5:45-6:45pm Hilary  26  8:00-8:45am Linda  5:45-6:45pm Hilary  blar Club and instruction of the formats aring high intensity intensers: karenotic fitness: karenotic	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda 9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  Maureen	5:45-6:45pm Hilary  28 8:00-9:00am Linda  5:45-6:45pm Hilary  g the 5 HR zones and referencing to of the class: labat HR steady during	9:15-10:15am  Amy  29  5:45-6:45 am  Linda  9:15-10:15am  Amy  he 5 HR Zones ta's, timed interva changing terrain,	3(8:00-9:00am Kim	& Lower Zone 4 w	orkout /er; ride in endurance & tempo zones on hilly terrain using gears	s and cadenc
rime  Instructor  Ime Instruct	AJ 5:45-6:45pm  Linda U 25 9:15-10:15am  AJ 5:45-6:45pm  Linda U  mats - all using Poyou can pick any class consists of class focuses or class consists of class consists consists of class consists of class consists of class consists cons	Basic Cycle Linda  5:45-6:45pm Hilary  26 8:00-8:45am Linda  5:45-6:45pm Hilary  blar Club and instrict of the formats are high intensity intenserity	9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  27 5:45-6:45 am  Linda 9:15-10:15am  Tiffany 6:15-7:15 pm  Maureen  ructor is referencind are using Polar are using Polar are using Polar are using Polar are using RPM and cones building tow	5:45-6:45pm Hilary  28 8:00-9:00am Linda  5:45-6:45pm Hilary  g the 5 HR zones and referencing to of the class: labat HR steady during ard max then return and max the return and max then return and max then return and max the	9:15-10:15am  Amy  5:45-6:45 am  Linda 9:15-10:15am  Amy  he 5 HR Zones a's, timed interva changing terrain, uned to Zone 2-3	8: 00-9:00am  Kim  Is, 30s, 90s, etc. mostly a Zone 3 usually come to	& Lower Zone 4 w	ver; ride in endurance & tempo zones on hilly terrain using gears	s and cadence