

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
					1	2	3
Time				8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am
				CycleZone:Hiit	CycleZone:Hiit	CycleZone:Hiit	CycleZone:Hiit
Instructor				Linda	Linda	Linda	Tiffany
Time					9:15-10:15am		
					CycleZone		
Instructor					Tiffany		
Time				5:45-6:45pm			
				CycleZone			
Instructor				Hilary			
	5	6	7	8	9	10	11
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	CycleZone:Hiit	CycleZone:Hiit	CycleZone:Hiit	CycleZone	Cycle Hills
Instructor		Linda	Linda	Linda	Linda	Kelly	Tiffany
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
	Monday Mountains		Top hits		Decade of Spotify		
Instructor	Tiffany		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm			
	Cycle Strength	CZ: Edurance		CZ: Power			
Instructor	Maureen	Hilary		Hilary			
	12	13	14	15	16	17	18
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	CycleZone:Hiit	CycleZone:Hiit	CycleZone:Hiit	CZ: Drills w/Hills	80s/90s Movies
Instructor		Linda	Linda	Linda	Linda	Kim	Kim
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
	Cycle HIIT		All terrain		CycleZone		
Instructor	Tiffany		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm			
	Cycle Strength	Cycle Zone		Cycle Zone			
Instructor	Maureen	Hilary		Hilary			
	19	20	21	22	23	24	25
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	CycleZone:Hiit	CycleZone:Hiit	CycleZone:Hiit		Bruno/MJ
Instructor		Linda	Linda	Linda	Linda	Kim	Tiffany
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
	CycleZone				80s/90s Movies		
Instructor	Kelly		Maureen		Kim		
Time	5:45-6:45pm	5:45-6:45pm					
	Cycle Strength	CZ: Hill		Thanksgiving	Black Friday		
Instructor	Maureen	Hilary					
	26	27	28	29	30		
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am		
		Basic Cycle	CycleZone:Hiit	CycleZone:Hiit	CycleZone:Hiit		
Instructor		Linda	Linda	Linda	Linda		
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
	All terrain		Midweek Mountains		CycleZone: Hiit		
Instructor	Tiffany		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm			
	Cycle Strength	CycleZone:Hiit		Cycle Zone			
Instructor	Maureen	Hilary		Hilary			

CycleZone Formats - all using Polar Club and instructor is referencing the 5 HR zones

CycleZone you can pick any of the formats and are using Polar and referencing the 5 HR Zones

CycleZone: Hiit class consists of high intensity intervals for majority of the class: tabata's, timed intervals, 30s, 90s, etc.

CycleZone: Endurance class focuses on aerobic fitness: keeping RPM and HR steady during changing terrain, mostly a Zone 3 & Lower Zone 4 w

CycleZone: Hill class consists of moving through zones building toward max then returned to Zone 2-3; usually come to flat terrain to recov

CycleZone: Power class is a mix of formats usually starting in Zone 3 and partially zone 4. Last half of class really building for power going in

* Basic Cycle is a 45 min class only -- today we only offer that on Tuesday at 8:00am; Please do not use this format for one of your class

