	Mon	Tues	Wed	Thur	Fri	Sat	Sun
						1	
Time						8:00-9:00am	8:30-9:30am
							Sunday Sprint
Instructor							Tiffany
Time							
Instructor							
Time							
Instructor							
Instructor	3	4	5	6	7	8	
Timo	3	4 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
Time							6.30-9.30am
		Basic Cycle	Close the Gap	CZ HIIT	Tabata Trail	Hits/Years	
Instructor		Linda	Linda	Linda	Linda	Kim	
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
			нит		CycleZone		
Instructor	Tiffany		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm			
	Cycle Strength	CZ: Power		CZ: HiiT			
Instructor	Maureen	Hilary		Hilary			
	10	-	12	13	14	15	
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	CZ HIIT	Cycle Zone	Sprint	80s/90s Movies	Power Hour
Instructor		Linda	Linda	Linda	Linda	Kim	Tiffany
	0.45 40.45 am	Linua	9:15-10:15am	Linua	9:15-10:15am	Nilli	Tillarly
Time	9:15-10:15am						
	CycleZone		Midweek Mounta	ains	All over Hits		
Instructor	Kelly		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm			
	Cycle Strength	CZ: Endurance		CZ: Hill			
	Mouroon	Hilary		Hilary			
Instructor	Maureen	T mary					
Instructor	17	18 I	19	20	21	22	
		-	19 5:45-6:45 am	20 8:00-9:00am	21 5:45-6:45 am	22 8:00-9:00am	8:30-9:30am
		18					
Time		18 8:00-8:45am Basic Cycle	5:45-6:45 am Rock I.T.	8:00-9:00am Cycle Zone	5:45-6:45 am CZ HIIT	8:00-9:00am	CycleZone
Time	17	18 8:00-8:45am	5:45-6:45 am Rock I.T. Linda	8:00-9:00am	5:45-6:45 am CZ HIIT Linda		8:30-9:30am
Time	17 9:15-10:15am	18 8:00-8:45am Basic Cycle	5:45-6:45 am Rock I.T. Linda 9:15-10:15am	8:00-9:00am Cycle Zone	5:45-6:45 am CZ HIIT Linda 9:15-10:15am	8:00-9:00am	8:30-9:30am CycleZone
Time Instructor Time	9:15-10:15am Cycle core	18 8:00-8:45am Basic Cycle	5:45-6:45 am Rock I.T. Linda 9:15-10:15am Spin and sculpt	8:00-9:00am Cycle Zone	5:45-6:45 am CZ HIIT Linda 9:15-10:15am CycleZone: Powe	8:00-9:00am	8:30-9:30am CycleZone
Time Instructor Time Instructor	9:15-10:15am Cycle core Tiffany	18 8:00-8:45am Basic Cycle Linda	5:45-6:45 am Rock I.T. Linda 9:15-10:15am	8:00-9:00am Cycle Zone Linda	5:45-6:45 am CZ HIIT Linda 9:15-10:15am	8:00-9:00am	8:30-9:30am CycleZone
Time Instructor Time Instructor	9:15-10:15am Cycle core Tiffany 5:45-6:45pm	18 8:00-8:45am Basic Cycle Linda 5:45-6:45pm	5:45-6:45 am Rock I.T. Linda 9:15-10:15am Spin and sculpt	8:00-9:00am Cycle Zone Linda 5:45-6:45pm	5:45-6:45 am CZ HIIT Linda 9:15-10:15am CycleZone: Powe	8:00-9:00am	8:30-9:30am CycleZone
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Time Instructor Time Instructor Time Instructor	9:15-10:15am Cycle core Tiffany 5:45-6:45pm Cycle Strength Maureen	18 8:00-8:45am Basic Cycle Linda 5:45-6:45pm CZ: Power Hilary	5:45-6:45 am Rock I.T. Linda 9:15-10:15am Spin and sculpt Tiffany	8:00-9:00am Cycle Zone Linda 5:45-6:45pm CZ: HiiT Hilary	5:45-6:45 am CZ HIIT Linda 9:15-10:15am CycleZone: Powe Amy	8:00-9:00am	8:30-9:30am CycleZone Kelly
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* With the launch of the MindBody App - you will need to ubmit your class description if you do not use the	•
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tandard CycleZone formats (See rows 53-60). So if you se Tabata Trail / Sunday Fun Day, etc - you need to mail Cat by 20th of the month with a short description	
mail Cat by 20th of the month with a short description or that class.	
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kout	
; ride in endurance & tempo zones on hilly terrain using gea	rs and cadence
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