

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
							1 2
Time						8:00-9:00am	8:30-9:30am
Instructor							Sunday Sprints Tiffany
Time							
Instructor							
Time							
Instructor							
		3	4	5	6	7	8 9
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	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		
			HIIT		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	11	12	13	14	15	16
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
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
	CycleZone		Midweek Mountains		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			
Instructor	Maureen	Hilary		Hilary			
	17	18	19	20	21	22	23
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	Rock I.T.	Cycle Zone	CZ HIIT		CycleZone
Instructor		Linda	Linda	Linda	Linda	Linda	Kelly
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
	Cycle core		Spin and sculpt		CycleZone: Power		
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			
	24	25	26	27	28	29	30
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	Tabata Trail	Cycle Zone		CycleZone	Cycle core
Instructor		Linda	Linda	Linda	Linda	Kim	Tiffany
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am		
	Monday mountains		All terrain		CycleZone: Endurance		
Instructor	Tiffany		Tiffany		Amy		
Time	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm			
	Cycle Strength	CZ: Endurance		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

