

GROUP FITNESS VIRTUAL SCHEDULE: Winter 2023

Effective 2/27/2023 (** Subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am					Virtual RPM™ Cycle Studio		
7:00am		Virtual RPM™ Cycle Studio		Virtual RPM™ Cycle Studio			
7:15am						Virtual Sprint™ Cycle Studio	
10:00am	Virtual RPM™ Cycle Studio						
1:00pm				Virtual RPM™ Cycle Studio		Virtual RPM™ Cycle Studio	Virtual RPM™ Cycle Studio
6:15pm			Virtual RPM™ Cycle Studio				

Class Registration is REQUIRED

Purple highlighted are virtual classes

Class Descriptions

Virtual RPM - With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Fun & low impact!

Virtual Sprint - High Intensity Interval Training utilizing the indoor bike to achieve fast results. This style of training pushes your physical and mental limits.

