



CYCLE STUDIO VIRTUAL SCHEDULE

Hutto Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am RPM (50 min)		6:00am The Trip (45 min)		6:00am RPM (50 min)		
7:15am RPM (30 min)	7:30am Sprint (30 min)	7:15am The Trip (45 min)	7:00am RPM (50 min)	7:30am Sprint (30 min)	7:10am Sprint (30 min)	
8:30am Sprint (30 min)	8:10am RPM (50 min)	8:10am Sprint (30 min)	8:00am The Trip (45 min)	8:10am RPM (50 min)	8:30am RPM (50 min)	
9:30am RPM (50 min)	9:10am The Trip (45 min)	9:00am RPM (50 min)	10:00am RPM (50 min)	9:10am The Trip (45 min)	10:00am The Trip (45 min)	
	10:05am Sprint (30 min)	10:00am The Trip (45 min)	11:00am The Trip (45 min)	10:10am Sprint (30 min)	11:00am RPM (50 min)	
11:00am The Trip (45 min)	**11:00am RPM (30 min)	11:00am Sprint (30 min)	12:00pm Sprint (30 min)	11:00am RPM (30 min)		
12:00pm RPM (50 min)	12:00pm Sprint (30 min)	12:00pm RPM (50 min)	1:00pm The Trip (45 min)	12:00pm The Trip (45 min)	12:00pm Sprint (30 min)	
1:00pm The Trip (45 min)	1:00pm RPM (50 min)	1:00pm RPM (30 min)	2:00pm RPM (50 min)	1:00pm RPM (30 min)	1:00pm Sprint (30 min)	
2:00pm Sprint (30 min)	2:00pm The Trip (45 min)	2:00pm Sprint (30 min)	3:00pm Sprint (30 min)	1:45pm Sprint (30 min)	2:00pm RPM (30 min)	1:45pm The Trip (45 min)
**3:00pm RPM (30 min)	3:00pm Sprint (30 min)	3:00pm The Trip (45 min)	4:00pm Sprint (30 min)	3:00pm The Trip (45 min)	3:00pm The Trip (45 min)	2:45pm Sprint (30 min)
4:00pm Sprint (30 min)	4:00pm The Trip (45 min)	4:00pm The Trip (45 min)	5:00pm The Trip (45 min)	4:00pm RPM (50 min)	4:00pm Sprint (30 min)	3:45pm RPM (50 min)
5:00pm The Trip (45 min)	5:00pm RPM (50 min)	5:30pm RPM (50 min)	6:15pm Sprint (30 min)	5:00pm Sprint (30 min)		5:00pm Sprint (30 min)
6:35pm RPM (50 min)	6:00pm Sprint (30 min)		**7:00pm RPM (30 min)	6:00pm The Trip (45 min)		
8:00pm Sprint (30 min)	7:00pm The Trip (45 min)	7:00pm The Trip (45 min)	8:00pm The Trip (45 min)	7:00pm RPM (50 min)		

** Beginner Format

Updated: 9/12/22