



CYCLE STUDIO SCHEDULE

YMCA of The Highland Lakes

Updated: 3/1/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am RPM (50 min)	5:45am CYCLE with Sandra	5:30am The Trip (45 min)	5:45am CYCLE with Sandra	5:30am Sprint (30 min)	
6:30am The Trip (45 min)		6:30am Sprint (30 min)			
7:30am Sprint (30 min)		7:15am RPM (50 min)			
8:15am The Trip (45 min)		8:15am The Trip (30 min)		8:00am RPM (50 min)	8:15am RPM (50 min)
9:15am Sprint (30 min)	9:00am CYCLE with Pam	9:15am Sprint (30 min)	9:00am The Trip (45 min)	9:00am Sprint (30 min)	9:25am Sprint (30 min)
10:15am RPM (50 min)	10:15am Sprint (30 min)	10:30am The Trip (45 min)	10:15am Sprint (30 min)		
11:15am Sprint (30 min)	11:00am RPM (50 min)	11:30am RPM (50 min)	11:00am RPM (50 min)		
12:00pm The Trip (45 min)	12:00pm Sprint (30 min)		12:00pm Sprint (30 min)	12:00pm RPM (50 min)	12:45pm RPM (50 min)
1:00pm Sprint (30 min)	1:00pm The Trip (45 min)	1:00pm RPM (50 min)	1:00pm The Trip (45 min)		
1:45pm RPM (50 min)	2:00pm Sprint (30 min)	2:00pm The Trip (45 min)	2:00pm RPM (50 min)		2:00pm The Trip (45 min)
2:45pm The Trip (45 min)	2:45pm The Trip (45 min)		3:00pm Sprint (30 min)		3:00pm Sprint (30 min)
3:45pm Sprint (30 min)	3:45pm RPM (50 min)	4:00pm RPM (50 min)	4:15pm The Trip (45 min)	4:30pm Sprint (30 min)	3:45pm RPM (50 min)
4:30pm The Trip (45 min)	4:45pm Sprint (30 min)				
5:30pm Sprint (30 min)			5:45pm CYCLE with Sandra	6:30pm RPM (50 min)	
6:15pm RPM (50 min)					
7:15pm The Trip (45 min)	7:00pm Sprint (30 min)	6:40pm The Trip (45 min)	6:45pm RPM (30 min)		
8:15pm Sprint (30 min)	7:45pm RPM (50 min)	7:30pm RPM (50 min)	7:30pm The Trip (45 min)		

Live Instructor Classes are in gray. All others are virtual classes. Schedule also listed on the Y App.
Virtual Class descriptions are listed on the back.

LES MILLS VIRTUAL CLASS DESCRIPTIONS

Group Ex Studio

barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

BODYCOMBAT

Get fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

GRIT | CARDIO

High-intensity interval training that improves cardio fitness.

GRIT | STRENGTH

High-intensity interval training that designed to improve strength and build lean muscle.

SHBAM

Fun-loving and insanely addictive dance workout. No dance experience required!

Cycle Studio

RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created world.