



# CYCLE STUDIO LIVE & ON-SITE VIRTUAL SCHEDULE

## Twin Lakes Family YMCA

**\*Live Class**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am The Trip (V) (45 min)	5:15am RPM (V) (60 min)	5:15am Sprint (V) (30 min)	5:15am The Trip (V) (45 min)	5:15am The Trip (V) (45 min)		
		6:00am The Trip (V) (45 min)				
7:00am RPM (V) (60 min)	7:00am The Trip (V) (45 min)	7:00am Sprint (V) (30 min)	7:00am RPM (V) (60 min)	7:00am The Trip (V) (45 min)	8:00am Sprint (V) (30 min)	
		8:00am Sprint (V) (30 min)				
<b>*9:15am RPM (50 min) Jaime</b>	8:30am The Trip (V) (45 min)	8:30am The Trip (V) (45 min)	8:30am The Trip (V) (45 min)	8:30am Sprint (V) (30 min)		
10:00am The Trip (V) (45 min)	10:00am Sprint (V) (30 min)	<b>*9:45am RPM (50 min) Amy R</b>	10:00am RPM (V) (50 min)	<b>*9:15am Cycle (45 min) Marne</b>	9:00am RPM (V) (50 min)	
11:00am The Trip (V) (45 min)	10:45am RPM (V) (50 min)	11:00am The Trip(V) (45 min)		11:00am Sprint (V) (30 min)	11:00am The Trip (V) (45 min)	
12:00pm RPM (V) (50 min)	12:00pm The Trip (V) (45 min)	12:00pm Sprint (V) (30 min)	12:00pm The Trip (V) (45 min)	12:00pm Sprint (V) (30 min)	12:00pm RPM (V) (50 min)	
1:00pm Sprint (V) (30 min)	1:00pm RPM (V) (50 min)	1:00pm The Trip (V) (45 min)	1:00pm Sprint (V) (30 min)	1:00pm RPM (V) (50 min)	1:30pm Sprint (V) (30 min)	1:30pm The Trip (V) (45 min)
2:00pm The Trip (V) (45 min)	2:30pm RPM (V) (30 min)	2:00pm Sprint (V) (30 min)	2:00pm RPM (V) (50 min)	2:00pm Sprint (V) (30 min)	2:30pm The Trip (V) (45 min)	2:30pm RPM (V) (50 min)
3:00pm RPM (V) (50 min)	3:15pm Sprint (V) (30 min)	3:00pm RPM (V) (50 min)	3:00pm The Trip (V) (45 min)	3:00pm The Trip (V) (45 min)	3:30pm RPM (V) (50 min)	3:30pm Sprint (V) (30 min)
4:30pm Sprint (V) (30 min)	4:00pm The Trip (V) (45 min)	4:30pm RPM (V) (50 min)	4:00pm RPM (V) (30 min)	4:00pm RPM (V) (50 min)		
	5:15pm Sprint (V) (30 min)		5:15pm Sprint (V) (30 min)	5:15pm Sprint (V) (30 min)		
6:00pm The Trip (V) (45 min)	6:15pm The Trip (V) (45 min)	6:00pm Sprint (V) (30 min)	6:00pm The Trip (V) (45 min)	6:00pm The Trip (V) (45 min)		
7:30pm RPM (V) (50 min)	7:30 pm Sprint (V) (30 min)	7:00pm RPM (V) (50 min)	7:30pm RPM (V) (50 min)	7:30pm RPM (V) (50 min)		<b>Updated: 1/1/24</b>