

W CYCLE CLASS SCHEDULE

Included with All Memberships

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
RHYTHM RIDE 5:45am <i>Theresa</i>	POWER RIDE 9:30am <i>Deb</i>	RHYTHM RIDE 5:45am <i>Theresa</i>	HIIT Ride 5:45am <i>Ashley</i>	RHYTHM RIDE 8:30am - 45min <i>Jen P</i>	POWER RIDE 7:30am <i>Pauline /Melissa</i>	POWER RIDE 7:30am <i>Melissa</i>
RHYTHM RIDE 9:30am - 45min <i>Jen S.</i>		POWER RIDE 8:30am <i>Michele</i>	RHYTHM RIDE & SCULPT 9:30am <i>Jen P</i>		RHYTHM RIDE & CORE 9:00am <i>Nancy</i>	
RHYTHM RIDE & SCULPT 5:30pm <i>Jen P</i>	POWER RIDE 4:30pm - 45min <i>Pauline</i>	RHYTHM RIDE 5:30pm - 45min <i>Melissa</i>	RHYTHM RIDE & SCULPT 5:30pm <i>Nancy</i>	POWER RIDE 5:30pm <i>Lorrie</i>		

Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.

We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions please contact our Group X Director, Jessica Montrond at jmondtrond@weymouthclub.com or (781) 682-5843

Schedules are subject to change*