

# W CYCLE

## MONDAY

RHYTHM RIDE  
5:45am  
*Theresa*

RHYTHM  
POWER PLUS  
9:30am - 45min  
*Jen S*

RHYTHM  
RIDE & SCULPT  
5:30pm  
*Jen P*

## TUESDAY

POWER RIDE  
9:30am  
*Deb*

## WEDNESDAY

RHYTHM RIDE  
5:45am  
*Theresa*

TABATA CYCLE  
8:30am  
*Michele*

POWER CYCLE  
& MINDFUL  
STRETCH  
5:30pm  
*Pauline*

## THURSDAY

HIIT RIDE  
5:45am  
*Melissa*

RHYTHM  
RIDE & SCULPT  
9:30am  
*Jen P*

## FRIDAY

RHYTHM RIDE  
8:30am - 45min  
*Jen P*

## SATURDAY

POWER RIDE  
7:30am  
*Pauline*

RHYTHM RIDE  
9:00am - 45min  
*Nancy*

## SUNDAY

POWER CYCLE  
& MINDFUL  
STRETCH  
9:00am  
*Pauline*

INCLUDED IN ALL MEMBERSHIPS