

# W CYCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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>Melissa</i>	RHYTHM RIDE 8:30am - 45min <i>Jen P</i>	POWER RIDE 7:30am <i>Pauline</i>	POWER CYCLE & MINDFUL STRETCH 9:00am <i>Pauline</i>
RHYTHM POWER PLUS 9:30am - 45min <i>Jen S</i>		TABATA CYCLE 8:30am <i>Michele</i>	RHYTHM RIDE 9:30am <i>Jen P</i>		RHYTHM RIDE 9:00am - 45min <i>Nancy</i>	
RHYTHM RIDE 5:30pm <i>Jen P</i>		POWER CYCLE & MINDFUL STRETCH 5:30pm <i>Pauline</i>				

INCLUDED IN ALL MEMBERSHIPS