



**CYCLE STUDIO**

**WEEKLY SCHEDULE**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am		8:30 am PERFORMANCE CYCLING Strength- Intervals-Speed- ABBIE			8:30 AM SPIN POWER Strength-Speed- Endurance- SHARON	8:00 am RACY RHYTHMS Speed & Energy- FOTIS	
9am	9:00 am SPIN POWER Strength-Speed- Endurance - STACIE						9:30 am ROCK CRUSADER Strength & Intervals - SHARON/BRYAN
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm			5:30 pm STACY'S POWER HOUR Strength & Endurance- STACY				
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							

