

Cycle Studio

SPORTS WEST



ATHLETIC CLUB

775-348-6666

11.22.21

MONDAY		TUESDAY		WEDNESDAY	
12:15a	HIIT Cycle <i>Sandi</i> (45m)	4:30p	Cycle Chisel <i>Corrie</i>	12:15a	Cycle Express <i>Sandi</i> (45m)
6:30p	DJ Spin <i>Keely/DJ Rhino</i>				
FRIDAY		SATURDAY			
8:30a	HIIT Cycle <i>Sandi</i> (45m)	8am	Cycle Express <i>Keely</i> (30m)		

CLASS DESCRIPTIONS

Cardio Cycle

Get ready for an intense riding experience. Each ride will present a different set of drills, terrain, and intervals.

Cycle Chisel

This cycling class combines high energy and high effort with performance-focused technology to deliver a powerful workout whether you're a first-time cyclist or a seasoned athlete.

Cycle Express

A class for all levels of a cyclist. Feel the burn and intensity of a high sierra ride right here in our cycle studio. Whether you're a seasoned, hardcore rider or a novice, you'll get your best workout by our expert instructors.

DJ Spin

Indoor cycling meets nightclub. A loud, intense, rhythmic spin class with DJ Rhino. Unlike any other class we have.

HIIT Cycle

Designed to give you a well-rounded workout. The big calorie burn of high intensity intervals combined with the high fat burn of cardio.