

Cycle Studio

Winter Jan-March
1-19-23



MONDAY	
6:30am	Cycle Express <i>Leslee (45m)</i>
12:15pm	Edge Cycle <i>Sandi (45m)</i>

TUESDAY	
5:30pm	DJ Spin <i>Leslee/DJ Rhino</i>

WEDNESDAY	
6am	Edge Cycle <i>Nancy</i>
12:15pm	Edge Cycle <i>Sandi (45m)</i>

THURSDAY	
12:15pm	Zwift Cycle <i>Mark-Anthony</i>

FRIDAY	
12:15pm	Edge Cycle <i>Sandi (45m)</i>

SATURDAY	
8-8:30am	Cycle Express <i>Keely</i>

CLASS DESCRIPTIONS

Cycle Express

Cycle Express is a great way to get an awesome workout, fast! Whether it is an endurance climb or a series of short strength intervals, this class is designed to add a great cardiovascular challenge to anyone's weekly workout.

DJ Spin

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

Edge Cycle

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

Zwift Cycle

The focus is to train with Power! Watts per kilogram or WPR.