

Cycle Studio



775-348-6666

Fall Oct-Dec
11.15.22

MONDAY		TUESDAY		WEDNESDAY	
12:15pm	Edge Cycle <i>Sandi (45m)</i>	5:30pm	DJ Spin <i>Leslee/DJ Rhino</i>	6am	Edge Cycle <i>Nancy</i>
				12:15pm	Edge Cycle <i>Sandi (45m)</i>
THURSDAY		FRIDAY		SATURDAY	
12:15pm	Zwift Cycle <i>Mark-Anthony</i>	12:15pm	Edge Cycle <i>Sandi (45m)</i>	8-8:30am	Edge Cycle <i>Keely</i>

CLASS DESCRIPTIONS

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.