














































# CYCLING CINEMA // VIRTUAL & LIVE FALL SCHEDULE

KEY:  = VIRTUAL CLASS    GRAY HIGHLIGHT = LIVE CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 a.m.	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	
5:35 a.m.	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>RPM</i>	
7:15 a.m.	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	
8:30 a.m.	<b>LES MILLS</b> <i>RPM</i> Lori- 1 hr.	 <b>LES MILLS</b> <i>sprint</i>	<b>LES MILLS</b> <i>RPM</i> Lori	 <b>LES MILLS</b> <i>sprint</i>	<b>LES MILLS</b> <i>RPM</i> Christa & Josh- 1 hr.	
9:40 a.m.	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>
10:15 a.m.	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>	<b>LES MILLS</b> <i>RPM</i> Brian- 1 hr.
Noon	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>sprint</i>
4:35 p.m.	<b>LES MILLS</b> <i>RPM</i> Linda	<b>LES MILLS</b> <i>RPM</i> Crystal	<b>LES MILLS</b> <i>RPM</i> Linda	<b>LES MILLS</b> <i>RPM</i> Brian	 <b>LES MILLS</b> <i>RPM</i>	
5:30 p.m.	<b>LES MILLS</b> <i>RPM</i> Brian	<b>LES MILLS</b> <i>RPM</i> Josh	<b>LES MILLS</b> <i>RPM</i> Brian	<b>LES MILLS</b> <i>RPM</i> Crystal	 <b>LES MILLS</b> <i>sprint</i>	
7:00 p.m.	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>	
8:00 p.m.	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>	 <b>LES MILLS</b> <i>sprint</i>	 <b>LES MILLS</b> <i>RPM</i>		