

CYCLE CINEMA // VIRTUAL & LIVE SPRING SCHEDULE

KEY: = VIRTUAL CLASS **GRAY HIGHLIGHT**= LIVE CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 a.m.		LES MILLS sprint 30	LES MILLS sprint 30		LES MILLS sprint 30	
5:30 a.m.	LES MILLS THE TRIP COMPETE Jordan	LES MILLS RPM 50	LES MILLS RPM 50	LES MILLS THE TRIP COMPETE Angel	LES MILLS RPM 50	
7:15 a.m.	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30	
8:30 a.m.	LES MILLS RPM Lori- 1 hr.	LES MILLS sprint 30	LES MILLS THE TRIP COMPETE Lori	LES MILLS sprint 30	LES MILLS RPM Christa & Josh- 1 hr.	
9:40 a.m.	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS THE TRIP COMPETE 9:15 a.m. Rachael
10:15 a.m.	LES MILLS RPM 50	LES MILLS sprint 30	LES MILLS RPM 50	LES MILLS sprint 30	LES MILLS RPM 50	LES MILLS RPM Brian- 1 hr.
Noon	LES MILLS sprint 30 LES MILLS RPM 30	LES MILLS THE TRIP COMPETE Christa	LES MILLS sprint 30 LES MILLS RPM 30	LES MILLS RPM 50	LES MILLS THE TRIP COMPETE Brianna	LES MILLS sprint 30 LES MILLS RPM 30
4:35 p.m.	LES MILLS THE TRIP COMPETE Linda	LES MILLS RPM Crystal	LES MILLS RPM Linda	LES MILLS RPM Brian	LES MILLS RPM 50	
5:30 p.m.	LES MILLS RPM Kalee	LES MILLS THE TRIP COMPETE Josh M./Kate	LES MILLS THE TRIP COMPETE Josh L	LES MILLS THE TRIP COMPETE Crystal & Rachael	LES MILLS sprint 30	
6:30 p.m.	LES MILLS THE TRIP COMPETE Josh L	LES MILLS THE TRIP COMPETE Ron	LES MILLS THE TRIP COMPETE Kate	LES MILLS sprint 30	LES MILLS RPM 50	
8:00 p.m.	LES MILLS sprint 30	LES MILLS RPM 30	LES MILLS sprint 30	LES MILLS RPM 30		