

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 50
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	🎥 LES MILLS RPM 50	
5:30 p.m.	🎥 LES MILLS RPM 50	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		