











































# CYCLE 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> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30		 <b>LES MILLS</b> <b>sprint</b> 30	
5:30 a.m.	 <b>LES MILLS</b> <b>RPM</b> 50	 <b>LES MILLS</b> <b>RPM</b> 50	 <b>LES MILLS</b> <b>RPM</b> 50	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Angel	 <b>LES MILLS</b> <b>RPM</b> 50	
7:15 a.m.	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	
8:30 a.m.	<b>LES MILLS</b> <b>RPM</b> Lori- 1 hr.	 <b>LES MILLS</b> <b>sprint</b> 30	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Lori	 <b>LES MILLS</b> <b>sprint</b> 30	<b>LES MILLS</b> <b>RPM</b> Josh M- 1 hr.	
9:40 a.m.	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE 9:15 a.m. Rachael
10:15 a.m.	 <b>LES MILLS</b> <b>RPM</b> 50	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>RPM</b> 50	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>RPM</b> 50	 <b>LES MILLS</b> <b>RPM</b> 50
Noon	 <b>LES MILLS</b> <b>sprint</b> 30  <b>LES MILLS</b> <b>RPM</b> 30	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Christa	 <b>LES MILLS</b> <b>sprint</b> 30  <b>LES MILLS</b> <b>RPM</b> 30	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Josh M.	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Brianna	 <b>LES MILLS</b> <b>sprint</b> 30  <b>LES MILLS</b> <b>RPM</b> 30
4:35 p.m.	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Linda	 <b>LES MILLS</b> <b>sprint</b> 30	<b>LES MILLS</b> <b>RPM</b> Linda	 <b>LES MILLS</b> <b>RPM</b> 50	 <b>LES MILLS</b> <b>RPM</b> 50	
5:30 p.m.	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Lori	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Rachael M.	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Josh L.	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Crystal & Rachael	 <b>LES MILLS</b> <b>sprint</b> 30	
6:30 p.m.	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Josh L	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Ron	<b>LES MILLS</b> <b>THE TRIP</b> COMPETE Kate	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>RPM</b> 50	
8:00 p.m.	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>RPM</b> 30	 <b>LES MILLS</b> <b>sprint</b> 30	 <b>LES MILLS</b> <b>RPM</b> 30		

