

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00AM - 12:30AM Studio 1	12:00AM - 12:50AM Studio 1	12:00AM - 12:45AM Studio 1	12:00AM - 12:30AM Studio 1	12:00AM - 12:30AM Studio 1	12:00AM - 12:45AM Studio 1	12:00AM - 12:30AM Studio 1
1:00AM - 1:30AM Studio 1	1:00AM - 1:45AM Studio 1	1:00AM - 1:30AM Studio 1	1:00AM - 1:50AM Studio 1	1:00AM - 1:45AM Studio 1	1:00AM - 1:30AM Studio 1	1:00AM - 1:30AM Studio 1
2:00AM - 2:30AM Studio 1	2:00AM - 2:30AM Studio 1	2:00AM - 2:45AM Studio 1	2:00AM - 2:30AM Studio 1	2:00AM - 2:30AM Studio 1	2:00AM - 2:45AM Studio 1	2:00AM - 2:30AM Studio 1
3:00AM - 3:45AM Studio 1	3:00AM - 3:30AM Studio 1	3:00AM - 3:30AM Studio 1	3:00AM - 3:45AM Studio 1	3:00AM - 3:30AM Studio 1	3:00AM - 3:30AM Studio 1	3:00AM - 3:45AM Studio 1
4:00AM - 4:30AM Studio 1	4:00AM - 4:30AM Studio 1	4:00AM - 4:45AM Studio 1	4:00AM - 4:30AM Studio 1	4:00AM - 4:50AM Studio 1	4:00AM - 4:45AM Studio 1	4:00AM - 4:30AM Studio 1
5:00AM - 5:30AM Studio 1	7:00AM - 7:45AM Studio 1	7:00AM - 7:30AM Studio 1	7:00AM - 7:45AM Studio 1	7:00AM - 7:30AM Studio 1	5:00AM - 5:30AM Studio 1	5:00AM - 5:45AM Studio 1
6:00AM - 6:45AM Studio 1	12:00PM - 12:50PM Studio 1	12:00PM - 12:30PM Studio 1	12:00PM - 12:30PM Studio 1	12:00PM - 12:45PM Studio 1	6:00AM - 6:30AM Studio 1	6:00AM - 6:30AM Studio 1
7:00AM - 7:30AM Studio 1	1:00PM - 1:45PM Studio 1	1:00PM - 1:50PM Studio 1	1:00PM - 1:45PM Studio 1	1:00PM - 1:30PM Studio 1	11:00AM - 11:45AM Studio 1	11:00AM - 11:30AM Studio 1
12:00PM - 12:45PM Studio 1	2:00PM - 2:30PM Studio 1	2:00PM - 2:30PM Studio 1	2:00PM - 2:50PM Studio 1	2:00PM - 2:45PM Studio 1	12:00PM - 12:30PM Studio 1	12:00PM - 12:45PM Studio 1
1:00PM - 1:30PM Studio 1	3:00PM - 3:30PM Studio 1	3:00PM - 3:45PM Studio 1	3:00PM - 3:30PM Studio 1	3:00PM - 3:50PM Studio 1	1:00PM - 1:45PM Studio 1	1:00PM - 1:30PM Studio 1
2:00PM - 2:30PM Studio 1	4:00PM - 4:45PM Studio 1	4:00PM - 4:30PM Studio 1	4:00PM - 4:45PM Studio 1	4:00PM - 8:50PM Studio 1	2:00PM - 2:30PM Studio 1	2:00PM - 2:45PM Studio 1
3:00PM - 3:45PM Studio 1	8:00PM - 8:30PM Studio 1	8:00PM - 8:30PM Studio 1	8:00PM - 8:30PM Studio 1	6:00PM - 6:30PM Studio 1	3:00PM - 3:30PM Studio 1	3:00PM - 3:30PM Studio 1
4:00PM - 4:30PM Studio 1	9:00PM - 9:45PM Studio 1	9:00PM - 9:30PM Studio 1	9:00PM - 9:50PM Studio 1	7:00PM - 7:45PM Studio 1	4:00PM - 4:30PM Studio 1	4:00PM - 4:30PM Studio 1
8:00PM - 8:45PM Studio 1	10:00PM - 10:30PM Studio 1	10:00PM - 10:30PM Studio 1	10:00PM - 10:45PM Studio 1	8:00PM - 8:50PM Studio 1	5:00PM - 5:45PM Studio 1	5:00PM - 5:30PM Studio 1
9:00PM - 9:30PM Studio 1	11:00PM - 11:50PM Studio 1	11:00PM - 11:45PM Studio 1	11:00PM - 11:30PM Studio 1	9:00PM - 9:45PM Studio 1	6:00PM - 6:50PM Studio 1	6:00PM - 6:45PM Studio 1
10:00PM - 10:45PM Studio 1				10:00PM - 10:30PM Studio 1	7:00PM - 7:30PM Studio 1	7:00PM - 7:50PM Studio 1
11:00PM - 11:30PM Studio 1				11:00PM - 11:30PM Studio 1	8:00PM - 8:45PM Studio 1	8:00PM - 8:30PM Studio 1
					9:00PM - 9:30PM Studio 1	9:00PM - 9:45PM Studio 1
					10:00PM - 10:45PM Studio 1	10:00PM - 10:50PM Studio 1
					11:00PM - 11:30PM Studio 1	11:00PM - 11:45PM Studio 1

## Virtual Cycling Class Description



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.