



Cycle Studio

SUMMER 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS RPM 5:15–6:15AM Kendall		LES MILLS sprint 5:10–5:40AM Josh		LES MILLS RPM 5:10–5:55AM Ashley	
					LES MILLS RPM 8:05–8:50AM Marissa
	LES MILLS RPM 9:40–10:25AM Amy		LES MILLS RPM 9:40–10:25AM Amy		
LES MILLS RPM 5:30–6:25PM Jeff		LES MILLS RPM 5:30–6:25PM Barb			

LES MILLS RPM

RPM™ - RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LES MILLS sprint

SPRINT - LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.