

The Cycle Yard Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!		
8:00am						The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	
9:15am						The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!
10:00am							
10:30am						The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	Spin and Strength Ride and Rep! 30 minutes on the bike and 30 minutes on the mat gives you a total body torcher!
12:00pm							
5:15pm	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	Spin and Strength Express Ride and Rep! 20 minutes on the bike and 25 minutes on the mat gives you a total body torcher!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	Spin and Strength Express Ride and Rep! 20 minutes on the bike and 25 minutes on the mat gives you a total body torcher!	The Resistance HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!		
6:30pm	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	The Resistance HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!	The Ride This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!			