

# The Cycle Yard Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>The Ride</b> 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						<b>The Ride</b> 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						<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>RIDE ROTATION</b> We will rotate through 4 different ride formats each month: The Ride, Express, Spin & Strength, and a 60 minute ride. CHECK VAGARO for the most recent schedule!
10:00am							
10:30am							
12:00pm							
5:15pm	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>Express</b> Similar to "The Ride" but swifter. 30 minutes of heart pumping music, featuring fast sprints, heavy hills and high intensity intervals. Quick and spicy!	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>Express</b> Similar to "The Ride" but swifter. 30 minutes of heart pumping music, featuring fast sprints, heavy hills and high intensity intervals. Quick and spicy!	<b>The Resistance</b> HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!		
6:30pm	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!	<b>The Resistance</b> HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!	<b>The Ride</b> This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!			