

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!	RIDE ROTATION 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	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!	Express Similar to "The Ride" but swifter. 30 minutes of heart pumping music, featuring fast sprints, heavy hills and high intensity intervals. Quick and spicy!	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!	Express Similar to "The Ride" but swifter. 30 minutes of heart pumping music, featuring fast sprints, heavy hills and high intensity intervals. Quick and spicy!	The Resistance HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!		
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