

SCHEDULE

EFFECTIVE MAR 2022 *



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30 AM CARLOS HOUSE HIIT 45 MIN		7:30 AM RANDI HILLS & DRILLS 45 MIN		7:30 AM ROBERT ROAD TRIPPIN' 45 MIN	
8:30AM SUYUMI INTERVALS/ARMS 45 MIN	8:30 AM JON HILLS & DRILLS 45 MIN	8:30AM ANDI INTERVALS/ARMS 45 MIN	8:30 AM CHARLOTTE HOUSE HIIT 45 MIN	8:30 AM SUYUMI HILLS & DRILLS 45 MIN	9:30 AM RACHEL INTERVALS/ARMS 45 MIN	9:45 AM MIKE HOUSE HIIT 45 MIN
9:30AM MICHELLE ROAD WARRIOR 45 MIN	9:45 AM MIKE HOUSE HIIT 45 MIN	9:30AM ROBERT ROAD TRIPPIN' 45 MIN	9:45 AM RACHEL HILLS & DRILLS 45 MIN	9:30 AM BECKY ROAD WARRIOR 45 MIN	10:30 AM MICHELLE HOUSE HIIT 45 MIN NEW	10:45 AM CHARLOTTE ROAD WARRIOR 45 MIN
5:30 PM ROBERT HOUSE HIIT 45 MIN	6:00 PM MICHELLE ROAD WARRIOR 45 MIN	5:30AM MIKE HOUSE HIIT 45 MIN	6:00 PM JON HOUSE HIIT 45 MIN			



HILLS & DRILLS

Get it done .. all in one! An Interval training based endurance ride that focuses on a slower rpm with heavier gear to build cardiovascular output mixed with intervals of drills that connect to your inner beast (body conditioning) That all purpose one two punch that will get results every time!
(45 minutes)

HOUSE HIIT

High intensity intervals with shorter recovery times. This is the one with the "push" Amp up and hit it hard. Hills- flats-races and endorphins. At times may include music videos based on guide discretion.
(45 minutes)

ROAD TRIPPIN'

An inner ride that focuses on your mind-body-spirit connection and holistically creates the space for your own personal journey. Joyful and cathartic. Focuses on the music, videos, and guide dialog to take you away from your road bumps and detours and into a freshly paved road.
(45 minutes)

ROAD WARRIOR

This is the one if you are looking to really change your direction . Extra miles give your body and mind the extra time on the road to explore your journey and take the road less travelled. This ride combines all formats (Hills, HIIT, Endurance and strength)
(45 minutes)

INTERVALS AND ARMS

This ride focuses on cardiovascular intervals with segments of upper body conditioning with light weights for a total body workout.
(45 minutes)