

The Cycle Yard Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	<p>The Resistance</p> <p>HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!</p>	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>				
8:00am								<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	
9:15am								<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	<p>RIDE ROTATION</p> <p>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!</p>
5:15pm	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	<p>Express</p> <p>Similar to "The Ride" but swifter. 30 minutes of heart pumping music, featuring fast sprints, heavy hills and high intensity intervals. Quick and spicy!</p>	<p>The Resistance</p> <p>HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!</p>	<p>Spin & Strength</p> <p>Ride and Rep! Spinning on the bike and strength movements on the mat/ off the bike gives you a total body torcher!</p>	<p>Express</p> <p>Similar to "The Ride" but swifter. 30 minutes of heart pumping music, featuring fast sprints, heavy hills and high intensity intervals. Quick and spicy!</p>				
6:30pm	<p>The Hour of Power</p> <p>Build strength, endurance and power in this hour long cycling class! Heavy resistance, long sprints, and power pushes will leave you strong, breathless and feeling accomplished.</p>	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>	<p>The Ride</p> <p>This is our classic ride! 45 minutes of soul inspiring sprints, heart pumping hills, and an arm toning weight track. Our classic butt kicker!</p>					