

# 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 Resistance</b> HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!	<b>Spin &amp; Strength</b> Ride and Rep! Spinning on the bike and strength movements on the mat/ off the bike gives you a total body torcher!	<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!	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <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!                 </div> <div style="border: 1px solid black; padding: 5px;"> <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!                 </div>	<div style="border: 1px solid black; padding: 5px; color: magenta;"> <b>RIDE ROTATION</b>                      We will rotate through 4 different ride formats each month: The Ride, Express, Spin &amp; Strength, and a 60 minute ride. CHECK VAGARO for the most recent schedule!                 </div>
8:00am							
9:15am							
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 Resistance</b> HEAVY on the intervals and hills Get ready to sweat heavy and work hard! No arms section...pure traditional cycling pushes!	<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>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!		
6:30pm	<b>The Hour of Power</b> 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.	<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!			