

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Foundation Rides:</b> Energizing endurance rides featuring long durations of steady effort. Tempo Training  <b>Performance Rides:</b> Expect stages (5-15 min) of working at best sustainable effort. Threshold Training  <b>Breakaway Rides:</b> These rides feature intense aerobic intervals of 3-8 min. Vo2 Training  <b>Sprint Rides:</b> Expect short bouts (30sec-2 min) of maximum anaerobic effort. Anaerobic Training  <b>BENCH MARK RIDES:</b> Specific format features 18 min. of best sustainable effort. Allows participants to establish their Functional Threshold of Power (FTP) - measured in Watts - Customizing training zones for optimal results.  <b>Instructor's Choice:</b> Instructor's mix it up with All Zone Rides, Circuit Rides, Games and more.</p>						<p>1              8:00am Performance              9:15am Sprint</p>
<p>2              9:15am Sprint</p>	<p>3              9:15am Breakaway              12:15p BENCH MARK*              5:30pm Sprint</p>	<p>4              9:15am INSTRUCTORS CHOICE</p>	<p>5              5:30am BENCH MARK              9:15am Foundation **              12:15pm Breakaway *              5:30pm INSTRUCTOR CHOICE</p>	<p>6              9:15am BENCH MARK              6:00pm Performance</p>	<p>7              5:30am Foundation**</p>	<p>8              8:00am Breakaway              9:15am INSTRUCTORS CHOICE</p>
<p>9              9:15am INSTRUCTORS CHOICE</p>	<p>10              9:15am Sprint              12:15pm Performance*              5:30pm INSTRUCTORS CHOICE</p>	<p>11              9:15am Foundation **              6:00pm Performance</p>	<p>12              5:30am Foundation**              9:15am Performance              12:15pm Sprint *              5:30pm Foundation**</p>	<p>13              9:15am Foundation **              6:00pm Breakaway</p>	<p>14              5:30am Performance</p>	<p>15              8:00am Sprint              9:15am Breakaway</p>
<p>16              9:15am Foundation **</p>	<p>17              9:15am BENCH MARK              12:15pm Breakaway *              5:30pm Foundation**</p>	<p>18              9:15am Sprint              6:00pm Breakaway</p>	<p>19              5:30am Performance              9:15am Breakaway              12:15pm INSTRUCTORS CHOICE              5:30pm Performance</p>	<p>20              9:15am Performance              6:00pm Sprint</p>	<p>21              5:30am Breakaway</p>	<p>22              8:00am BENCHMARK              9:15am Sprint</p>
<p>23              9:15am Performance</p>	<p>24              9:15am Foundation **              12:15pm Sprint *              5:30pm Performance</p>	<p>25              9:15am INSTRUCTORS CHOICE</p>	<p>26              5:30am Breakaway              9:15am Sprint              12:15pm Performance*              5:30pm Breakaway</p>	<p>27              9:15am Breakaway              6:00pm BENCH MARK</p>	<p>28              5:30am Sprint</p>	<p>29              8:00am Foundation **              9:15am BENCH MARK</p>
<p>30              9:15am Breakaway</p>	<p>31              9:15am Performance              12:15pm INSTRUCTOR CHOICE              5:30pm Breakaway</p>	<p>6:00pm Sprint</p>				

\* Noon Class - 40 min Express Ride  
 \*\* 70min - Extended Ride Option Foundation Ride