

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>					1 5:30am <i>Foundation**</i>	2 8:00am <i>Sprint</i> 9:15am <i>Breakaway</i>
3 9:15am <i>Foundation**</i>	4 5:30am <i>Sprint</i> 9:15am <i>Performance</i> 12:15pm <i>Sprint*</i> 5:30pm <i>Performance</i>	5 9:15am <i>BENCH MARK</i> 6:00pm <i>Sprint</i>	6 5:30am <i>Breakaway</i> 9:15am <i>Foundation**</i> 12:15pm <i>Breakaway*</i> 5:30pm <i>Foundation**</i>	7 9:15am <i>Breakaway</i>	8 5:30am <i>Performance</i>	9 8:00am <i>INSTRUCTORS CHOICE</i> 9:15pm <i>Sprint</i>
10 9:15am <i>Performance</i>	11 5:30am <i>INSTRUCTORS CHOICE</i> 9:15am <i>Breakaway</i> 12:15p <i>BENCH MARK*</i> 5:30pm <i>Breakaway</i>	12 9:15am <i>Foundation</i> 6:00pm <i>BENCH MARK</i>	13 5:30am <i>Sprint</i> 9:15am <i>Performance</i> 12:15pm <i>Sprint*</i> 5:30pm <i>Performance</i>	14 9:15am <i>Sprint</i>	15 5:30am <i>Breakaway</i>	16 8:00am <i>Foundation**</i> 9:15am <i>BENCH MARK</i>
17 9:15am <i>Breakaway</i>	18 5:30am <i>Foundation**</i> 9:15am <i>Sprint</i> 12:15pm <i>Performance*</i> 5:30pm <i>Sprint</i>	19 9:15am <i>Performance</i> 6:00pm <i>Foundation**</i>	20 5:30am <i>BENCH MARK</i> 9:15am <i>Breakaway</i> 12:15pm <i>INSTRUCTORS CHOICE*</i> 5:30pm <i>Breakaway</i>	21 9:15am <i>INSTRUCTORS CHOICE</i>	22 5:30am <i>Sprint</i>	23 8:00am <i>Performance</i> 9:15am <i>Foundation**</i>
24 9:15am <i>Sprint</i>	25 5:30am <i>Performance</i> 9:15am <i>INSTRUCTORS CHOICE</i> 12:15pm <i>Breakaway*</i> 5:30pm <i>BENCH MARK</i>	26 9:15am <i>Breakaway</i> 6:00pm <i>Performance</i>	27 5:30am <i>Foundation**</i> 9:15am <i>Sprint</i> 12:15pm <i>Performance*</i> 5:30pm <i>Sprint</i>	28 9:15am <i>Foundation**</i>	29 5:30am <i>INSTRUCTORS CHOICE</i>	30 8:00am <i>Breakaway</i> 9:15am <i>Performance</i>
					<p>* Noon Class - 40 min Express Ride      ** 70min - Extended Ride Option Foundation Rides</p>	