

Prairie Life Fitness *FreeMotion* STAGES INDOOR CYCLING SCHEDULE March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Foundation Rides: Energizing endurance rides with long durations of steady effort. Performance Rides: Stages (5-15 min) of work at best sustainable effort. Threshold Training. Breakaway Rides: Rides feature intense aerobic intervals of 3-8 min. Vo2 Training Sprint Rides: Expect short bouts (30sec-2 min) of maximum anaerobic effort Bench Mark Rides: Specific format-18 min. best sustainable effort—Establish individual Functional Threshold of Power (FTP)- measured in Watts. Customized training zones for Optimal results. Instructor's Choice: Instructor's mix it up – All Zone Rides, Movie Ride, Mystery Rides, Quiz Rides, Cycling Circuit, and more.</p>			<p>* Noon Class - 40 min Express Ride ** 70min - Extended Ride Option available</p>	1 9:15am <i>Sprint</i> 6:00pm <i>Foundation**</i>	2 5:30am <i>Breakaway</i>	3 8:00am <i>Performance</i> 9:15am <i>INSTRUCTORS CHOICE</i>
4 9:00am <i>Breakaway</i>	5 5:30am <i>Foundation**</i> 9:15am <i>Sprint</i> 12:15pm <i>Breakaway *</i> 5:30pm <i>Sprint</i>	6 9:15am <i>INSTRUCTORS CHOICE</i> 6:00pm <i>Foundation**</i>	7 5:30am <i>INSTRUCTORS CHOICE</i> 9:15am <i>Breakaway</i> 12:15pm <i>INSTRUCTORS CHOICE</i> 5:30pm <i>Breakaway</i>	8 9:15am <i>BENCH MARK</i> 6:00pm <i>Performance</i>	9 5:30am <i>Sprint</i>	10 8:00am <i>Breakaway</i> 9:15am <i>Foundation**</i>
11 9:00am <i>Sprint</i>	12 5:30am <i>Performance</i> 9:15am <i>BENCH MARK</i> 12:15pm <i>Performance*</i> 5:30pm <i>INSTRUCTORS CHOICE</i>	13 9:15am <i>Performance</i> 6:00pm <i>Performance</i>	14 5:30am <i>Foundation**</i> 9:15am <i>Sprint</i> 12:15pm <i>Performance*</i> 5:30pm <i>Sprint</i>	15 9:15am <i>Foundation**</i> 6:00pm <i>Breakaway</i>	16 5:30am <i>BENCH MARK</i>	17 8:00am <i>Sprint</i> 9:15am <i>Performance</i>
18 9:00am <i>BENCHMARK</i>	19 5:30am <i>Breakaway</i> 9:15am <i>Foundation**</i> 12:15pm <i>BENCH MARK *</i> 5:30pm <i>Foundation**</i>	20 9:15am <i>Sprint</i> 6:00pm <i>Breakaway</i>	21 5:30am <i>Performance</i> 9:15am <i>BENCH MARK</i> 12:15pm <i>Breakaway *</i> 5:30pm <i>BENCH MARK</i>	22 9:15am <i>Performance</i> 6:00pm <i>Sprint</i>	23 5:30am <i>Foundation**</i>	24 8:00am <i>INSTRUCTORS CHOICE</i> 9:15am <i>Breakaway</i>
25 9:00am <i>Foundation**</i>	26 5:30am <i>Sprint</i> 9:15am <i>Performance</i> 12:15pm <i>Breakaway *</i> 5:30pm <i>Performance</i>	27 9:15am <i>INSTRUCTORS CHOICE</i> 6:00pm <i>Sprint</i>	28 5:30am <i>Breakaway</i> 9:15am <i>Foundation**</i> 12:15pm <i>Sprint *</i> 5:30pm <i>Foundation**</i>	29 9:15am <i>Breakaway</i> 6:00pm <i>INSTRUCTORS CHOICE</i>	30 5:30am <i>Performance</i>	