

Prairie Life Fitness *FreeMotion* STAGES INDOOR CYCLING SCHEDULE June 2017

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