

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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. of 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.			1 5:30am Performance 9:15am Sprint 12:15pm Breakaway * 5:30pm Performance	2 9:15am Breakaway 6:00pm BENCHMARK	3 5:30am BENCHMARK	4 8:00am INSTRUCTORS CHOICE 9:15am Sprint
5 9:15am Foundation **	6 9:15am Performance 12:15pm Breakaway * 5:30pm Breakaway	7 9:15am INSTRUCTORS CHOICE 6:00pm Sprint	8 5:30am Breakaway 9:15am INSTRUCTORS CHOICE 12:15pm Sprint * 5:30pm Breakaway	9 9:15am Sprint 6:00pm Foundation**	10 5:30am Foundation**	11 8:00am Foundation** 9:15am INSTRUCTORS CHOICE
12 9:15am Performance	13 9:15am Breakaway 12:15pm Sprint * 5:30pm Sprint	14 9:15am Performance 6:00pm BENCHMARK	15 5:30am Sprint 9:15am Foundation ** 12:15pm INSTRUCTORS CHOICE 5:30pm INSTRUCTORS CHOICE	16 9:15am BENCHMARK 6:00pm Performance	17 5:30am Performance	18 8:00am Performance 9:15am Foundation **
19 9:15am Breakaway	20 9:15am Sprint 12:15pm BENCHMARK * 5:30pm BENCHMARK	21 9:15am Breakaway 6:00pm Foundation**	22 5:30am BENCHMARK 9:15am Performance 12:15pm Performance* 5:30pm Performance	23 THANKSGIVING 9:30am INSTRUCTORS CHOICE	24 5:30am Breakaway	25 8:00am Breakaway 9:15am Performance
26 9:15am Sprint	27 9:15am INSTRUCTORS CHOICE 12:15pm Performance* 5:30pm INSTRUCTORS CHOICE	28 9:15am Sprint 6:00pm Performance	29 5:30am Foundation** 9:15am Breakaway 12:15pm Breakaway * 5:30pm Sprint	30 9:15am Foundation** 6:00pm Breakaway	31 5:30am Sprint	* Noon Class 40-min Express Ride ** 70-75 min Extended Ride option available on these Foundation Rides