

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:15am Performance	2 5:30am INSTRUCTORS CHOICE 9:15am Breakaway 12:15pm Sprint * 5:30pm Breakaway	3 9:15am Foundation 6:00pm BENCHMARK	4 5:30am Sprint 9:15am Performance 12:15pm BENCHMARK * 5:30pm Performance	5 9:15am Sprint	6 5:30am Breakaway	7 8:00am Foundation ** 9:15am Sprint
8 9:15am Breakaway	9 5:30am Foundation ** 9:15am Sprint 12:15pm INSTRUCTORS CHOICE * 5:30pm Sprint	10 9:15am Performance 6:00pm Foundation **	11 5:30am BENCHMARK 9:15am Breakaway 12:15pm Performance * 5:30pm Breakaway	12 9:15am INSTRUCTORS CHOICE	13 5:30am Sprint	14 8:00am Performance 9:15am BENCHMARK
15 9:15am Sprint	16 5:30am Performance 9:15am INSTRUCTORS CHOICE 12:15pm Performance * 5:30pm BENCHMARK	17 9:15am Breakaway 6:00pm Performance	18 5:30am Foundation ** 9:15am Sprint 12:15pm Breakaway * 5:30pm Sprint	19 9:15am Foundation **	20 5:30am INSTRUCTORS CHOICE	21 8:00am Breakaway 9:15am Performance
22 9:15am INSTRUCTORS CHOICE	23 5:30am Breakaway 9:15am Foundation ** 12:15pm Breakaway * 5:30pm Foundation **	24 9:15am Sprint 6:00pm Breakaway	25 5:30am Performance 9:15am INSTRUCTORS CHOICE 12:15pm Sprint * 5:30pm INSTRUCTORS CHOICE	26 9:15am Performance	27 5:30am Foundation **	28 8:00am Sprint 9:15am Breakaway
29 9:15am Foundation **	30 5:30am Sprint 9:15am Performance 12:15pm Sprint * 5:30pm Performance	<p>Foundation Rides: Energizing endurance rides with long durations of steady effort.</p> <p>Performance Rides: Stages (5-15 min) of work at best sustainable effort. Threshold Training.</p> <p>Breakaway Rides: Rides feature intense aerobic intervals of 3-8 min. Vo2 Training</p> <p>Sprint Rides: Expect short bouts (30sec-2 min) of maximum anaerobic effort</p> <p>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.</p> <p>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</p> <p>** 70min - Extended Ride Option</p>