

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:15am Foundation ** 12:15pm Performance* 5:30pm Breakaway	3 9:15am BENCHMARK 6:00pm Sprint	4 5:30am Breakaway 9:15am Sprint 12:15pm Breakaway * 5:30pm BENCHMARK	5 9:15am Breakaway 6:00pm Foundation**	6 5:30am Foundation**	7 8:00am Foundation ** 9:15am BENCHMARK
8 9:00am Performance	9 9:15am Performance 12:15pm Breakaway * 5:30pm Sprint	10 9:15am Foundation 6:00pm INSTRUCTORS CHOICE	11 5:30am Sprint 9:15am BENCHMARK 12:15pm Sprint * 5:30pm Foundation**	12 9:15am Sprint 6:00pm Performance	13 5:30am Performance	14 8:00am Performance 9:15am Foundation **
15 9:00am Breakaway	16 9:15am Breakaway 12:15pm Sprint * 5:30pm INSTRUCTORS CHOICE	17 9:15am Performance 6:00pm Foundation**	18 5:30am INSTRUCTORS CHOICE 9:15am Foundation ** 12:15pm BENCHMARK * 5:30pm Performance	19 9:15am INSTRUCTORS CHOICE 6:00pm Breakaway	20 5:30am Breakaway	21 8:00am Breakaway 9:15am Performance
22 9:00am Sprint	23 9:15am Sprint 12:15pm INSTRUCTORS CHOICE* 5:30pm Foundation**	24 9:15am Breakaway 6:00pm Performance	25 5:30am Foundation** 9:15am Performance 12:15pm Performance* 5:30pm Breakaway	26 9:15am Foundation** 6:00pm Sprint	27 5:30am Sprint	28 8:00am Sprint 9:15am Breakaway
29 9:00am BENCHMARK	30 9:15am BENCHMARK 12:15pm Performance* 5:30pm Performance	31 9:15am Sprint 6:00pm Breakaway	<p>Foundation Rides: Energizing endurance rides featuring long durations of steady effort. Tempo Training</p> <p>Performance Rides: Expect stages (5-15 min) of working at best sustainable effort. Threshold Training</p> <p>Breakaway Rides: These 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. Anaerobic Training</p> <p>BENCH MARK RIDES: Specific format features 18 min. of best sustainable effort. Allowing participants to establish their individual Functional Threshold of Power (FTP) - measured in Watts - Customizing training zones for optimal results.</p> <p>Instructor's Choice: Instructor's mix it up with All Zone Rides, Circuit Rides, Games and more.</p>			

* Noon Class - 40 min Express Ride

** 70min - Extended Ride Option Foundation Rides