

Prairie Life Fitness *FreeMotion* STAGES INDOOR CYCLING SCHEDULE January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Noon Class * 40 min Express Ride ** 70-75 min extended ride option available</p>		<p>1 9:15am INSTRUCTORS CHOICE</p>	<p>2 5:30am Breakaway 9:15am Sprint 12:15pm Performance* 5:30pm INSTR. Choice</p>	<p>3 9:15am Breakaway</p>	<p>4 5:30am Performance 12:15pm INSTRUCTORS CHOICE*</p>	<p>5 8:00am INSTRUCTORS CHOICE* 9:15am Sprint</p>
<p>6 9:00am Foundation **</p>	<p>7 5:30am BENCHMARK 9:15am Performance 5:30pm BENCHMARK</p>	<p>8 9:15am Foundation 6:00pm Sprint</p>	<p>9 5:30am Sprint 9:15am BENCHMARK 12:15pm Breakaway* 5:30pm Foundation**</p>	<p>10 9:15am Sprint</p>	<p>11 5:30am Breakaway 12:15pm Performance*</p>	<p>12 8:00am Foundation ** 9:15am INSTRUCTORS CHOICE</p>
<p>13 9:00am Performance</p>	<p>14 5:30am Foundation** 9:15am Breakaway 5:30pm Foundation**</p>	<p>15 9:15am Performance 6:00pm INSTRUCTORS CHOICE</p>	<p>16 5:30am BENCHMARK 9:15am Foundation ** 12:15pm Sprint* 5:30pm Performance</p>	<p>17 9:15am BENCHMARK</p>	<p>18 5:30am Sprint 12:15pm Breakaway*</p>	<p>19 8:00am Performance 9:15am Foundation **</p>
<p>20 9:00am Breakaway</p>	<p>21 5:30am Performance 9:15am Sprint 5:30pm Performance</p>	<p>22 9:15am Breakaway 6:00pm Foundation**</p>	<p>23 5:30am Foundation** 9:15am Performance 12:15p BENCHMARK* 5:30pm Breakaway</p>	<p>24 9:15am Foundation **</p>	<p>25 5:30am BENCHMARK 12:15pm Sprint*</p>	<p>26 8:00am Breakaway 9:15am Performance</p>
<p>27 9:00am Sprint</p>	<p>28 5:30am Breakaway 9:15am INSTRUCTORS CHOICE 5:30pm Breakaway</p>	<p>29 9:15am Sprint 6:00pm Performance</p>	<p>30 5:30am Performance 9:15am Breakaway 12:15pm Performance* 5:30pm Sprint</p>	<p>31 9:15am Performance</p>	<p>Foundation Rides: Endurance rides & durations of steady effort. Performance Rides: Work (5-15 min) best sustainable effort. Breakaway Rides: Intense aerobic intervals(3-8 m) Vo2 Training Sprint Rides: Short bouts(30sec-2 min) of max. anaerobic effort Bench Mark Rides: 18 min. of best sustainable effort. Establish Functional Threshold of Power (FTP) measured in Watts. Customized training zones for optimal results.</p>	