

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Foundation Rides: Energizing endurance rides featuring long durations of steady effort. Tempo Training Performance Rides: Expect stages (5-15 min) of working at best sustainable effort. Threshold Training Breakaway Rides: These rides feature intense aerobic intervals of 3-8 min. Vo2 Training Sprint Rides: Expect short bouts (30sec-2 min) of maximum anaerobic effort. Anaerobic Training BENCHMARK RIDES: Specific format features 18 min. of best sustainable effort. Allows participants to establish their Functional Threshold of Power (FTP) - measured in Watts - Customizing training zones for optimal results. Instructor's Choice: Instructor's mix it up with All Zone Rides, Circuit Rides, Games and more.</p>					<p>1 <i>*Noon Class 40 min Express Ride</i> 8:00am Foundation** ** 70-75 min <i>Extended ride option</i></p>	<p>1 8:00am Foundation** 9:15am INSTRUCTORS CHOICE</p>
<p>2 9:00am INSTRUCTORS CHOICE</p>	<p>3 5:30am Foundation** 9:15am Breakaway 5:30pm Foundation**</p>	<p>4 9:15am Performance 6:00pm INSTRUCTORS CHOICE</p>	<p>5 5:30am BENCHMARK 9:15am Foundation** 12:15pm BENCHMARK* 5:30pm Performance</p>	<p>6 9:15am BENCHMARK</p>	<p>7 5:30am Sprint</p>	<p>8 8:00am Performance 9:15am Foundation**</p>
<p>9 9:00am Foundation**</p>	<p>10 5:30am Performance 9:15am Sprint 5:30pm Performance</p>	<p>11 9:15am Breakaway 6:00pm Foundation**</p>	<p>12 5:30am Foundation** 9:15am Performance 12:15pm Performance* 5:30pm Breakaway</p>	<p>13 9:15am Foundation**</p>	<p>14 5:30am BENCHMARK</p>	<p>15 8:00am Breakaway 9:15am Performance</p>
<p>16 9:00am Performance</p>	<p>17 5:30am Breakaway 9:15am INSTRUCTORS CHOICE 5:30pm Breakaway</p>	<p>18 9:15am Sprint 6:00pm Performance</p>	<p>19 5:30am Performance 9:15am Breakaway 12:15pm Breakaway* 5:30pm Sprint</p>	<p>20 9:15am Performance</p>	<p>21 5:30am Foundation**</p>	<p>22 8:00am Sprint 9:15am Breakaway</p>
<p>23 9:00am Breakaway <hr/> <p>30 9:00am Sprint</p> </p>	<p>24 5:30am Sprint 9:15am Foundation** 5:30pm Sprint</p>	<p>25 9:15am BENCHMARK 6:00pm Breakaway</p>	<p>26 5:30am Breakaway 9:15am Sprint 12:15pm Sprint* 5:30pm BENCHMARK</p>	<p>27 9:15am Breakaway</p>	<p>28 5:30am Performance</p>	<p>29 8:00am BENCHMARK 9:15am Sprint</p>