

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>					1 5:30am Foundation** 12:15pm BENCHMARK	2 8:00am Sprint 9:15am Breakaway
3 9:00am INSTRUCTORS CHOICE	4 5:30am Sprint 9:15am Foundation** 5:30pm Sprint	5 9:15am BENCHMARK 6:00pm Breakaway	6 5:30am Breakaway 9:15am Sprint 12:15pm Breakaway* 5:30pm BENCHMARK	7 9:15am Breakaway	8 5:30am Performance 12:15pm Performance*	9 8:00am BENCHMARK 9:15pm Sprint
10 9:00am Foundation**	11 5:30am BENCHMARK 9:15am Performance 5:30pm INSTR. CHOICE	12 9:15am Foundation 6:00pm Sprint	13 5:30am Sprint 9:15am INSTR. CHOICE 12:15pm Sprint* 5:30pm Foundation**	14 9:15am Sprint	15 5:30am Breakaway 12:15pm Breakaway*	16 8:00am Foundation** 9:15am BENCHMARK
17 9:00am Performance	18 5:30am Foundation** 9:15am Breakaway 5:30pm Foundation**	19 9:15am Performance 6:00pm BENCHMARK	20 5:30am INSTR. CHOICE 9:15am Foundation** 12:15pm INSTRUCTORS CHOICE* 5:30pm Performance	21 9:15am INSTRUCTORS CHOICE	22 5:30am Sprint 12:15pm Sprint*	23 8:00am Performance 9:15am Foundation**
24 9:00am Breakaway	25 5:30am Performance 9:15am Sprint 5:30pm Performance	26 9:15am Breakaway 6:00pm Foundation**	27 5:30am Foundation** 9:15am Performance 12:15pm Performance* 5:30pm Breakaway	28 9:15am Foundation**	* Noon Class - 40 min ** 70min - Extended Ride Option	