JERRY LONG FAMILY YMCA VIRTUAL Cycle Schedule Wednesday Monday Tuesday Thursday Friday Saturday Sunday LesMills LesMills LesMills LesMills SDrint sprint RPM RPM 5:30AM - 6:00AM 5:30AM - 6:00AM 5:30AM - 6:00AM 7:10AM - 8:00AM 12:15PM - 12:45PM 5:30AM - 6:15AM 5:30AM - 6:15AM JL Cycle Studio LesMills PRPM LESMILLS sprint RPM 7:00AM - 7:50AM 8:05AM - 8:35AM 1:00PM - 1:30PM 6:45AM - 7:15AM 6:15AM - 6:45AM 6:15AM - 6:45AM 6:25AM - 6:55AM JL Cycle Studio LesMills LesMills LesMills LesMills LesMills RPM or SPRINT **sprint** RPM RPM 2:00PM - 2:45PM 8:50AM - 9:20AM 7:20AM - 8:10AM 7:00AM - 7:50AM 8:30AM - 9:00AM 7:00AM - 7:50AM 7:00AM - 7:50AM JL Cycle Studio LesMills LesMills **Jov Riders Jov Riders** Hip Hop Cycle Sprint RPM RPM 8:30AM - 9:15AM 8:30AM - 9:15AM 8:30AM - 9:15AM 8:30AM - 9:00AM 9:30AM - 10:20AM 9:30AM - 10:15AM 3:15PM - 3:45PM JL Cycle Studio LesMills LesMills LesMills LesMills O Sprint RPM RPM RPM 9:30AM - 10:15AM 9:30AM - 10:15AM 10:45AM - 11:15AM 9:30AM - 10:15AM 9:35AM - 10:05AM 10:45AM - 11:15AM 4:00PM - 4:50PM JL Cycle Studio LesMills LesMills O O RPM 10:45AM - 11:15AM 10:30AM - 11:00AM 11:20AM - 11:50AM 10:30AM - 11:00AM 10:15AM - 11:05AM 11:20AM - 12:10PM JL Cycle Studio LesMills LesMills LesMills print 11:20AM - 11:50AM 11:05AM - 11:55AM 12:00PM - 12:50PM 11:05AM - 11:55AM 11:20AM - 11:50AM 12:15PM - 12:45PM JL Cycle Studio LesMills LesMills LesMills LesMills Sprint **RPM** 1:00PM - 1:30PM 12:00PM - 12:50PM 12:00PM - 12:30PM 12:00PM - 12:30PM 12:00PM - 12:50PM 1:00PM - 1:50PM JL Cycle Studio () sprint Sprint SOrini SDrini SDrint Sprint

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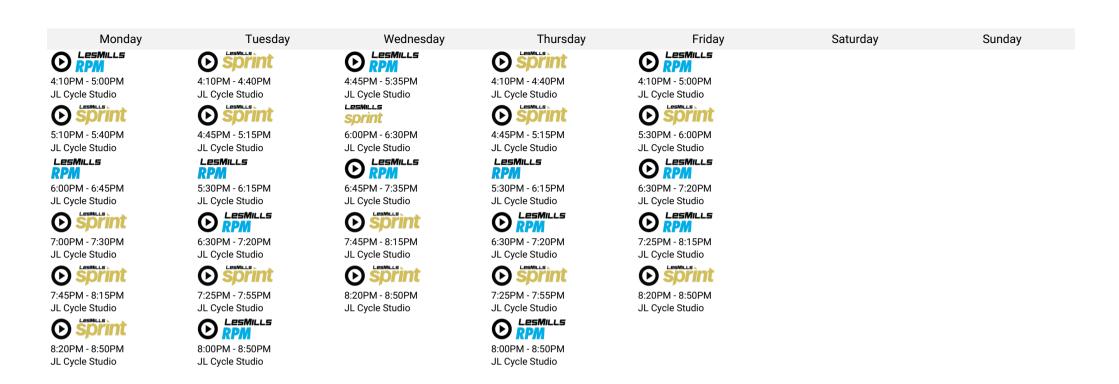
JL Cycle Studio

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Hip Hop Cycle

An interval training cycle ride set to fun and energizing hip hop music!

Joy Riders

45 minute interval fun social ride

RPM or SPRINT

Alternates weekly

LesMills

 RPM^nv is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LesMills

sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

2019 Cycle -JERRY LONG FAMILY YMCA

Live and VIRTUAL classes