## JERRY LONG FAMILY YMCA VIRTUAL Cycle Schedule

Tuesdav

### Monday

LesMills RPM

5:30AM - 6:15AM JL Cycle Studio



6:45AM - 7:15AM JL Cycle Studio

LesMills Θ RPM 7:20AM - 8:10AM

JL Cycle Studio LesMills

Θ Sprint 8:30AM - 9:00AM

JL Cycle Studio

### LesMills RPM

9:30AM - 10:15AM JL Cvcle Studio

 $( \mathbf{b} )$ Sprint 10:45AM - 11:15AM

JL Cycle Studio

MILLS D print 11:20AM - 11:50AM

JL Cycle Studio LesMills

Θ RPM 12:00PM - 12:50PM JL Cycle Studio

LesMills Θ Sornt

1:00PM - 1:30PM JL Cvcle Studio



1:35PM - 2:05PM JL Cycle Studio

LesMills  $oldsymbol{\Theta}$ RPM 2:15PM - 3:05PM JL Cycle Studio

D ornu 3.15PM - 3.45PM JL Cycle Studio

lacksquare5:30AM - 6:00AM JL Cycle Studio



6:15AM - 6:45AM JL Cvcle Studio



JL Cycle Studio

8:30AM - 9:15AM

9:30AM - 10:15AM

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LesMills

10:30AM - 11:00AM

RPM

11:05AM - 11:55AM

LesMills

12:00PM - 12:30PM

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12:35PM - 1:05PM

RPM

1:15PM - 2:05PM

2:15PM - 2:45PM

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3.00PM - 3.20PM

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Wednesday

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10:45AM - 11:15AM JL Cycle Studio

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11:20AM - 11:50AM JL Cycle Studio



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1:00PM - 1:30PM JL Cvcle Studio

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RPM 2:15PM - 3:05PM JL Cycle Studio



JL Cycle Studio

RPM 3.00PM - 3.20PM JL Cycle Studio

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8:30AM - 9:15AM

9:30AM - 10:15AM

10:30AM - 11:00AM

RPM

11:05AM - 11:55AM

LesMills

12:00PM - 12:30PM

LesMILLS

12:35PM - 1:05PM

RPM

1:15PM - 2:05PM

2:15PM - 2:45PM

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5:30AM - 6:00AM JL Cycle Studio



RPM

LesMills

5:30AM - 6:15AM

JL Cycle Studio

6:25AM - 6:55AM

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JL Cvcle Studio LesMills D RPM 7:00AM - 7:50AM

JL Cycle Studio Hip Hop Cvcle

8:30AM - 9:15AM JL Cycle Studio

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9:35AM - 10:05AM JL Cycle Studio

LesMills O RPM 10:15AM - 11:05AM

JL Cycle Studio 

lacksquareprint 11:20AM - 11:50AM

JL Cycle Studio LesMills O RPM

12:00PM - 12:50PM JL Cycle Studio LesMILLS

Θ Sprint 1:00PM - 1:30PM

JL Cvcle Studio

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JL Cycle Studio LesMills  $oldsymbol{\Theta}$ RPM

2:15PM - 3:05PM JL Cycle Studio

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Saturday LesMills

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Θ 8:05AM - 8:35AM

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8:50AM - 9:20AM JL Cycle Studio

LesMills RPM 9:30AM - 10:15AM JL Cycle Studio

LesMills O sprint 10:45AM - 11:15AM JL Cvcle Studio

LesMills Θ RPM 11:20AM - 12:10PM

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JL Cycle Studio LesMills  $oldsymbol{\Theta}$ RPM

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4.10PM - 4.40PM JL Cycle Studio

 $lacksymbol{\Theta}$ SDrint 12:15PM - 12:45PM JL Cycle Studio

Sunday

1:00PM - 1:30PM JL Cvcle Studio

RPM or SPRINT 2:00PM - 2:45PM JL Cycle Studio

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4:00PM - 4:50PM JL Cycle Studio

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LesMills D

JL Cvcle Studio

JL Cycle Studio

12:15PM - 12:45PM JL Cycle Studio LesMills

1:00PM - 1:50PM JL Cycle Studio



Monday

LesMills 4:10PM - 5:00PM

#### JL Cycle Studio LesMills 🕨 $\bigcirc$ sprint

5:10PM - 5:40PM JL Cycle Studio

### LesMills RPM

6:00PM - 6:45PM JL Cycle Studio

LesMills |  $oldsymbol{\Theta}$ sprint 7:00PM - 7:30PM

JL Cycle Studio

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JL Cycle Studio

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Tuesday 

4:10PM - 4:40PM JL Cycle Studio LesMills 📐



JL Cycle Studio

5:30PM - 6:15PM

**RPM** 

6:30PM - 7:20PM

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8:00PM - 8:50PM

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Thursday

4:10PM - 4:40PM JL Cycle Studio LesMills 🕨

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Wednesday

4:10PM - 4:40PM

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JL Cycle Studio

4:45PM - 5:15PM JL Cycle Studio

### LesMills RPM

5:30PM - 6:15PM JL Cycle Studio



JL Cycle Studio Sprint



7:25PM - 7:55PM JL Cycle Studio



8:00PM - 8:50PM JL Cycle Studio

4:10PM - 5:00PM JL Cycle Studio

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Friday

5:30PM - 6:00PM JL Cycle Studio

6:30PM - 7:20PM

JL Cycle Studio 

7:25PM - 8:15PM JL Cycle Studio

Sprint  $oldsymbol{\Theta}$ 

8:20PM - 8:50PM JL Cycle Studio

Saturday

Sunday

### 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<sup>™</sup> 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