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

sprint

LesMills

10:30AM - 11:00AM

RPM

11:05AM - 11:55AM

LesMills

12:00PM - 12:30PM

PSMILLS |

12:35PM - 1:05PM

RPM

1:15PM - 2:05PM

2:15PM - 2:45PM

RPM

3.00PM - 3.20PM

JL Cycle Studio

JL Cycle Studio

LesMills

Sprinu

LesMills

JL Cycle Studio

JL Cvcle Studio

sornu

LesMills

sprint

JL Cycle Studio

Jov Riders

LesMills

RPM

Θ

D

 (\mathbf{b})

 (\mathbf{b})

Θ

O

D

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

sprint 8:30AM - 9:00AM JL Cycle Studio

> LesMills O RPM

LesMills

sprint

Θ

 (\mathbf{D})

5:30AM - 6:00AM

RPM 6:05AM - 6:55AM

LesMills

ornu

LesMills

JL Cycle Studio

JL Cvcle Studio

Wednesday

9:30AM - 10:20AM JL Cvcle Studio



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

esMills (\mathbf{b})

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



JL Cycle Studio PSMILLS . (•) Sorini

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

Θ Drinu 1:35PM - 2:05PM

JL Cycle Studio LesMills $oldsymbol{\Theta}$

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



JL Cycle Studio

RPM 3.00PM - 3.20PM JL Cycle Studio

lacksquare

Thursday sorini

LESMILLS

6:15AM - 6:45AM

RРМ

7:00AM - 7:50AM

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

JL Cycle Studio

LesMills

Sprint

LesMills

JL Cycle Studio

JL Cvcle Studio

Sornu

LesMills

SOFILL

ornu

LesMills

JL Cvcle Studio

JL Cycle Studio

JL Cycle Studio

JL Cycle Studio

JL Cycle Studio

LesMills

RРМ

 (\mathbf{b})

O

 (\mathbf{b})

 (\mathbf{b})

Θ

lacksquare

JL Cycle Studio

Jov Riders

JL Cvcle Studio

Sorinu

LesMills

 $\mathbf{\Theta}$

lacksquare

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



RPM

LesMills

5:30AM - 6:15AM

JL Cycle Studio

6:25AM - 6:55AM

Fridav

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

JL Cycle Studio Hip Hop Cvcle

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

D sprint

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

O ΟΓΠ 1:35PM - 2:05PM

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

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

D ΟΓΠ 3:15PM - 3:45PM JL Cycle Studio

Saturday LesMills

Θ RPM 7.10AM - 8.00AM



Θ 8:05AM - 8:35AM

JL Cvcle Studio LesMills O print

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

SMILLS lacksquareSprinu







JL Cvcle Studio Θ



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

3:15PM - 4:05PM JL Cycle Studio

 (\mathbf{b}) SDIIIU

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

LesMills O RPM

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

Sprin 5:00PM - 5:30PM

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

Sprint $oldsymbol{\Theta}$ 7:45PM - 8:15PM

JL Cycle Studio

LesMills Θ prinu 8:20PM - 8:50PM

JL Cycle Studio

Tuesday

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



JL Cycle Studio

5:30PM - 6:15PM

RPM

6:30PM - 7:20PM

JL Cycle Studio

JL Cycle Studio

RPM

8:00PM - 8:50PM

JL Cycle Studio

LesMills

LesMills

JL Cycle Studio

LesMills

RPM

Θ

 $oldsymbol{\Theta}$

O

 \odot 4:45PM - 5:35PM JL Cycle Studio

LesMills sprint 6:00PM - 6:30PM

JL Cycle Studio

6:45PM - 7:35PM JL Cycle Studio



7:45PM - 8:15PM JL Cycle Studio

LesMills

Drint



JL Cycle Studio

lacksquare

Thursday

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

sprint



Wednesday

4:10PM - 4:40PM

RPM

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

> LesMills 📐 $oldsymbol{\Theta}$ Sprint

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[™] 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