

YMCA - Northwest North Carolina - William G. White, Jr. Family Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1	6:30AM - 7:00AM VIRTUAL SPRINT 30 Mins	7:00AM - 7:30AM VIRTUAL SPRINT 30 Mins	6:15AM - 6:45AM VIRTUAL SPRINT 30 Mins	7:00AM - 7:30AM VIRTUAL SPRINT 30 Mins	10:45AM - 11:35AM VIRTUAL RPM 50 Mins	1:30PM - 2:20PM VIRTUAL RPM 50 Mins
5:15AM - 5:45AM VIRTUAL SPRINT 30 Mins	7:15AM - 8:05AM VIRTUAL RPM 50 Mins	7:45AM - 8:15AM VIRTUAL SPRINT 30 Mins	7:00AM - 7:50AM VIRTUAL RPM 50 Mins	7:45AM - 8:35AM VIRTUAL RPM 50 Mins	12:00PM - 12:30PM VIRTUAL SPRINT 30 Mins	2:30PM - 3:00PM VIRTUAL SPRINT 30 Mins
7:15AM - 7:45AM VIRTUAL SPRINT 30 Mins	10:00AM - 10:30AM VIRTUAL SPRINT 30 Mins	8:30AM - 9:20AM VIRTUAL RPM 50 Mins	9:45AM - 10:15AM VIRTUAL SPRINT 30 Mins	8:45AM - 9:15AM VIRTUAL SPRINT 30 Mins	12:45PM - 1:35PM VIRTUAL RPM 50 Mins	3:15PM - 4:05PM VIRTUAL RPM 50 Mins
8:00AM - 8:50AM VIRTUAL RPM 50 Mins	10:45AM - 11:35AM VIRTUAL RPM 50 Mins	10:30AM - 11:00AM VIRTUAL SPRINT 30 Mins	10:30AM - 11:20AM VIRTUAL RPM 50 Mins	9:30AM - 10:20AM VIRTUAL RPM 50 Mins	1:45PM - 2:15PM VIRTUAL SPRINT 30 Mins	
9:15AM - 9:45AM VIRTUAL SPRINT 30 Mins	11:45AM - 12:15PM VIRTUAL SPRINT 30 Mins	11:15AM - 12:05PM VIRTUAL RPM 50 Mins	11:30AM - 12:00PM VIRTUAL SPRINT 30 Mins	10:30AM - 11:00AM VIRTUAL SPRINT 30 Mins	2:30PM - 3:20PM VIRTUAL RPM 50 Mins	
10:00AM - 10:50AM VIRTUAL RPM 50 Mins	12:30PM - 1:20PM VIRTUAL RPM 50 Mins	12:15PM - 12:45PM VIRTUAL SPRINT 30 Mins	12:10PM - 1:00PM VIRTUAL RPM 50 Mins	11:15AM - 12:05PM VIRTUAL RPM 50 Mins	3:30PM - 4:00PM VIRTUAL SPRINT 30 Mins	
11:15AM - 11:45AM VIRTUAL SPRINT 30 Mins	1:30PM - 2:00PM VIRTUAL SPRINT 30 Mins	1:00PM - 1:30PM VIRTUAL SPRINT 30 Mins	1:15PM - 1:45PM VIRTUAL SPRINT 30 Mins	12:15PM - 12:45PM VIRTUAL SPRINT 30 Mins		
12:00PM - 12:50PM VIRTUAL RPM 50 Mins	2:15PM - 3:05PM VIRTUAL RPM 50 Mins	1:45PM - 2:35PM VIRTUAL RPM 50 Mins	2:00PM - 2:50PM VIRTUAL RPM 50 Mins	1:00PM - 1:30PM VIRTUAL SPRINT 30 Mins		
1:00PM - 1:30PM VIRTUAL SPRINT 30 Mins	3:30PM - 4:00PM VIRTUAL SPRINT 30 Mins	2:45PM - 3:15PM VIRTUAL SPRINT 30 Mins	3:30PM - 4:00PM VIRTUAL SPRINT 30 Mins	1:45PM - 2:35PM VIRTUAL RPM 50 Mins		
1:45PM - 2:35PM VIRTUAL RPM 50 Mins	4:15PM - 4:45PM VIRTUAL SPRINT 30 Mins	3:30PM - 4:00PM VIRTUAL SPRINT 30 Mins	4:15PM - 4:45PM VIRTUAL SPRINT 30 Mins	2:45PM - 3:15PM VIRTUAL SPRINT 30 Mins		
2:45PM - 3:15PM VIRTUAL SPRINT 30 Mins	5:00PM - 5:50PM VIRTUAL RPM 50 Mins	4:10PM - 5:00PM VIRTUAL RPM 50 Mins	7:15PM - 7:45PM VIRTUAL SPRINT 30 Mins	3:30PM - 4:00PM VIRTUAL SPRINT 30 Mins		
3:30PM - 4:00PM VIRTUAL SPRINT 30 Mins	7:15PM - 7:45PM VIRTUAL SPRINT 30 Mins	5:15PM - 5:45PM VIRTUAL SPRINT 30 Mins		4:10PM - 5:00PM VIRTUAL RPM 50 Mins		
4:10PM - 5:00PM VIRTUAL RPM 50 Mins		7:10PM - 8:00PM VIRTUAL RPM 50 Mins		5:15PM - 5:45PM VIRTUAL SPRINT 30 Mins		
5:15PM - 5:45PM VIRTUAL SPRINT 30 Mins				6:00PM - 6:50PM VIRTUAL RPM 50 Mins		
7:10PM - 8:00PM VIRTUAL RPM 50 Mins				7:00PM - 7:30PM VIRTUAL SPRINT 30 Mins		



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

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