Robinhood Family YMCA Les Mills Virtual Cycle Schedule

8:00PM - 8:30PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sprint	Sprint	Sprint	Sprint	O RPM	O RPM	Sprint
5:15AM - 5:45AM	7:00AM - 7:30AM	5:15AM - 5:45AM	7:00AM - 7:30AM	5:45AM - 6:35AM	11:30AM - 12:20PM	12:15PM - 12:45PM
O RPM	Sprint	O RPM	Sprint	O RPM	() Sprint	O RPM
7:30AM - 8:20AM	9:30AM - 10:00AM	7:30AM - 8:20AM	9:30AM - 10:00AM	7:30AM - 8:20AM	12:30PM - 1:00PM	2:30PM - 3:20PM
O RPM	O RPM	O RPM	O RPM	O RPM	O RPM	Sprint
9:30AM - 10:20AM	10:30AM - 11:20AM	8:30AM - 9:20AM	10:30AM - 11:20AM	9:30AM - 10:20AM	1:15PM - 2:05PM	3:30PM - 4:00PM
Sprint	Sprint	() Sprint	Sprint	Sprint	Sprint	Sprint
10:30AM - 11:00AM	11:30AM - 12:00PM	10:40AM - 11:10AM	11:30AM - 12:00PM	10:30AM - 11:00AM	2:15PM - 2:45PM	4:15PM - 4:45PM
() Sprint	O RPM	E	E LESMILLS RPM	O RPM	O RPM	
11:15AM - 11:45AM	12:15PM - 1:05PM	11:30AM - 12:20PM	12:15PM - 1:05PM	11:30AM - 12:20PM	3:00PM - 3:50PM	
LESMILLS	Sprint	Sprint	Sprint	Sprint		
1:10PM - 2:00PM	1:15PM - 1:45PM	12:30PM - 1:00PM	1:15PM - 1:45PM	12:30PM - 1:00PM		
LesMills	LESMILLS	♠ LesMills	A LEEMILLE	LesMills		
2:15PM - 2:45PM	2:00PM - 2:50PM	1:10PM - 2:00PM	2:00PM - 2:50PM	1:10PM - 2:00PM		
← LesMills	Lesmills	LESMILLS	Lesmills .	LesMills		
3:00PM - 3:50PM	Sprint 3:00PM - 3:30PM	Sprint 2:15PM - 2:45PM	Sprint 3:00PM - 3:30PM	2:15PM - 2:45PM		
LESMILLS	LesMills L	← LesMills	Lesmills	LesMills		
O RPM	Sprint	O RPM	Sprint	O RPM		
4:15PM - 5:05PM	4:15PM - 4:45PM LESMILLS	3:00PM - 3:50PM	4:15PM - 4:45PM	3:00PM - 3:50PM		
(i) sprint	W RPM	O RPM	W RPM	O RPM		
5:15PM - 5:45PM	5:00PM - 5:50PM	4:15PM - 5:05PM	5:00PM - 5:50PM	4:15PM - 5:05PM		
(b) sprint	(b) sprint	(b) sprint	(•) sprint	Sprint		
7:15PM - 7:45PM	7:15PM - 7:45PM	5:15PM - 5:45PM	7:30PM - 8:00PM	5:15PM - 5:45PM		
O RPM	O RPM	O RPM	O RPM	O RPM		
8:00PM - 8:50PM	8:00PM - 8:50PM	6:45PM - 7:35PM	8:10PM - 9:00PM	6:00PM - 6:50PM		
		Sprint		Sprint		

7:00PM - 7:30PM

ONDEMAND

On Demand



Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.



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.

YMCA -Northwest North Carolina -Robinhood Road

Group Exercise Timetable