

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

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



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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