

JERRY LONG FAMILY YMCA

Cycle Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS SPRINT 5:30am-6:00am	LES MILLS THE TRIP 5:30am-6:15am	LES MILLS RPM 5:30am-6:15am	LES MILLS THE TRIP 5:30am-6:15am	LES MILLS RPM 5:30am-6:15am		
LES MILLS RPM 6:10am-7:00am	LES MILLS RPM 6:20am-7:10am	LES MILLS SPRINT 6:25am-6:55am	LES MILLS RPM 6:20am-7:10am	LES MILLS SPRINT 6:25am-6:55am	LES MILLS RPM 7:10am-8:00am	
LES MILLS THE TRIP 7:00am-7:45am	LES MILLS RPM 7:15am-8:05am	LES MILLS SPRINT 7:00am-7:30am	LES MILLS RPM 7:15am-8:05am	LES MILLS THE TRIP 7:00am-7:45am	LES MILLS SPRINT 8:05am-8:35am	
LES MILLS SPRINT 7:50am-8:20am	JOY RIDERS 8:30am-9:15am	LES MILLS SPRINT 8:30am-9:00am	JOY RIDERS 8:30am-9:15am	HIP HOP CYCLE 8:30am-9:15am	LES MILLS SPRINT 8:40am-9:10am	
LES MILLS SPRINT 8:30am-9:00am	LES MILLS RPM 9:30am-10:15am	LES MILLS THE TRIP 9:30am-10:15am	LES MILLS RPM 9:30am-10:15am	LES MILLS SPRINT 9:30am-10:00am	LES MILLS RPM 9:30am-10:15am	
LES MILLS RPM 9:30am-10:15am	LES MILLS SPRINT 10:30am-11:00am	LES MILLS RPM 10:30am-11:20am	LES MILLS SPRINT 10:30am-11:00am	LES MILLS THE TRIP 10:10am-10:55am	LES MILLS SPRINT 10:30am-11:00am	
LES MILLS SPRINT 10:30am-11:00am	LES MILLS THE TRIP 11:05am-11:50am	LES MILLS SPRINT 11:20am-11:50am	LES MILLS RPM 11:05am-11:55am	LES MILLS SPRINT 11:20am-11:50am	LES MILLS THE TRIP 11:05am-11:50pm	
LES MILLS RPM 11:05am-11:55am	LES MILLS SPRINT 12:00pm-12:30pm	LES MILLS THE TRIP 12:00pm-12:45pm	LES MILLS SPRINT 12:00pm-12:30pm	LES MILLS RPM 12:00pm-12:50pm	LES MILLS SPRINT 12:00pm-12:30pm	LES MILLS SPRINT 12:15pm-12:45pm
LES MILLS RPM 12:00pm-12:50pm	LES MILLS SPRINT 12:35pm-1:05pm	LES MILLS SPRINT 1:00pm-1:30pm	LES MILLS SPRINT 12:35pm-1:05pm	LES MILLS SPRINT 1:00pm-1:30pm	LES MILLS THE TRIP 12:35pm-1:20pm	LES MILLS BEGINNER RPM 1:00pm-1:30pm
LES MILLS SPRINT 1:00pm-1:30pm	LES MILLS RPM 1:15pm-2:05pm	LES MILLS SPRINT 1:35pm-2:05pm	LES MILLS RPM 1:15pm-2:05pm	LES MILLS SPRINT 1:35pm-2:05pm	LES MILLS RPM 1:25pm-2:15pm	LES MILLS RPM OR SPRINT 2:00pm-2:45pm
LES MILLS SPRINT 1:35pm-2:05pm	LES MILLS SPRINT 2:15pm-2:45pm	LES MILLS RPM 2:15pm-3:05pm	LES MILLS SPRINT 2:15pm-2:45pm	LES MILLS RPM 2:15pm-3:05pm	LES MILLS SPRINT 2:20pm-2:50pm	LES MILLS THE TRIP 3:00pm-3:45pm
LES MILLS THE TRIP 2:15pm-3:00pm	LES MILLS RPM 3:00pm-3:50pm	LES MILLS SPRINT 3:15pm-3:45pm	LES MILLS THE TRIP 3:00pm-3:45pm	LES MILLS SPRINT 3:15pm-3:45pm	LES MILLS THE TRIP 2:55pm-3:40pm	LES MILLS RPM 4:00pm-4:50pm
LES MILLS SPRINT 3:15pm-3:45pm	LES MILLS SPRINT 4:10pm-4:40pm	LES MILLS SPRINT 4:10pm-4:40pm	LES MILLS SPRINT 4:10pm-4:40pm	LES MILLS THE TRIP 4:10pm-4:55pm	LES MILLS SPRINT 3:45pm-4:15pm	LES MILLS SPRINT 5:00pm-5:30pm
LES MILLS RPM 4:10pm-5:00pm	LES MILLS SPRINT 4:45pm-5:15pm	LES MILLS RPM 4:45pm-5:35pm	LES MILLS SPRINT 4:45pm-5:15pm	LES MILLS SPRINT 5:30pm-6:00pm	LES MILLS RPM 4:20pm-5:10pm	
LES MILLS SPRINT 5:10pm-5:40pm	LES MILLS RPM 5:30pm-6:15pm	LES MILLS SPRINT 6:00pm-6:30pm	LES MILLS RPM 5:30pm-6:15pm	LES MILLS THE TRIP 6:20pm-7:05pm		
LES MILLS RPM 6:00pm-6:45pm	LES MILLS THE TRIP 6:30pm-7:15pm	LES MILLS RPM 6:45pm-7:35pm	LES MILLS RPM 6:30pm-7:20pm	LES MILLS SPRINT 7:15pm-7:45pm		
LES MILLS SPRINT 7:00pm-7:30pm	LES MILLS SPRINT 7:25pm-7:55pm	LES MILLS SPRINT 7:45pm-8:15pm	LES MILLS THE TRIP 7:25pm-8:10pm			
LES MILLS THE TRIP 7:35pm-8:20pm	LES MILLS RPM 8:00pm-8:50pm	LES MILLS SPRINT 8:20pm-8:50pm	LES MILLS SPRINT 8:20pm-8:50pm			

Virtual Class

Live Class

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:** An indoor cycling class set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast. **Sprint:** A workout of high intensity, designed using an indoor bike to achieve fast results. All classes held in Cycle Studio. Subject to change. For the most up to date and accurate information on LIVE classes, check our YMCA of NWNCA mobile app.

