

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 | 5:30AM - 6:20AM VIRTUAL RPM 50 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 | 7:00AM - 7:30AM 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 | 7:45AM - 8:15AM VIRTUAL SPRINT 30 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 | 8:30AM - 9:20AM VIRTUAL RPM 50 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 | 9:30AM - 10:20AM 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 | 10:30AM - 11:00AM 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 | 11:15AM - 12:05PM VIRTUAL RPM 50 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 | 12:15PM - 12:45PM VIRTUAL SPRINT 30 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 | 1:00PM - 1:30PM 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 | 1:45PM - 2:35PM VIRTUAL RPM 50 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 | 2:45PM - 3:15PM VIRTUAL SPRINT 30 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 | 3:30PM - 4:00PM VIRTUAL SPRINT 30 Mins | 8:00PM - 8:45PM VIRTUAL THE TRIP 45 Mins | 4:10PM - 5:00PM VIRTUAL RPM 50 Mins | | |
| 4:10PM - 5:00PM VIRTUAL RPM 50 Mins | 8:00PM - 8:45PM VIRTUAL THE TRIP 45 Mins | 4:10PM - 5:00PM VIRTUAL RPM 50 Mins | | 5:15PM - 5:45PM VIRTUAL SPRINT 30 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 | | 7:10PM - 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.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

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