

JERRY LONG FAMILY YMCA VIRTUAL Cycle Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS sprint</p> <p>5:30AM - 6:00AM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>6:10AM - 6:55AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>7:15AM - 7:45AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>7:55AM - 8:25AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>8:30AM - 9:20AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>9:30AM - 10:15AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>10:30AM - 11:00AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>11:05AM - 11:55AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>12:00PM - 12:50PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>1:00PM - 1:30PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>1:35PM - 2:05PM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>2:15PM - 3:00PM JL Cycle Studio</p>	<p>LES MILLS THE TRIP</p> <p>5:30AM - 6:15AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>6:20AM - 7:10AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>7:15AM - 7:45AM JL Cycle Studio</p> <p>Joy Riders</p> <p>8:30AM - 9:15AM JL Cycle Studio</p> <p>Hip Hop Cycle</p> <p>9:30AM - 10:15AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>10:30AM - 11:00AM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>11:05AM - 11:50AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>12:00PM - 12:30PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>12:35PM - 1:05PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>1:15PM - 2:05PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>2:15PM - 2:45PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>3:00PM - 3:50PM JL Cycle Studio</p>	<p>LES MILLS RPM</p> <p>5:30AM - 6:15AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>6:20AM - 6:50AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>7:00AM - 7:50AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>8:30AM - 9:00AM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>9:30AM - 10:15AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>10:30AM - 11:20AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>11:20AM - 11:50AM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>12:00PM - 12:45PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>1:00PM - 1:30PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>1:35PM - 2:05PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>2:15PM - 3:05PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>3:15PM - 3:45PM JL Cycle Studio</p>	<p>LES MILLS sprint</p> <p>5:30AM - 6:00AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>6:20AM - 7:10AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>7:15AM - 8:05AM JL Cycle Studio</p> <p>Joy Riders</p> <p>8:30AM - 9:15AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>9:30AM - 10:15AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>9:30AM - 10:00AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>10:30AM - 11:00AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>11:05AM - 11:55AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>12:00PM - 12:30PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>12:35PM - 1:05PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>1:15PM - 2:05PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>2:15PM - 2:45PM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>3:00PM - 3:45PM JL Cycle Studio</p>	<p>LES MILLS RPM</p> <p>5:30AM - 6:15AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>6:25AM - 6:55AM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>7:00AM - 7:45AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>8:15AM - 9:00AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>9:30AM - 10:00AM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>10:10AM - 10:55AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>11:20AM - 11:50AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>12:00PM - 12:50PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>1:00PM - 1:30PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>1:35PM - 2:05PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>2:15PM - 3:05PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>3:15PM - 3:45PM JL Cycle Studio</p>	<p>LES MILLS RPM</p> <p>7:10AM - 8:00AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>8:05AM - 8:35AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>8:40AM - 9:10AM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>9:30AM - 10:15AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>10:30AM - 11:00AM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>11:05AM - 11:50AM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>12:00PM - 12:30PM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>12:35PM - 1:20PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>1:25PM - 2:15PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>2:20PM - 2:50PM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>2:55PM - 3:40PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>3:45PM - 4:15PM JL Cycle Studio</p>	<p>LES MILLS sprint</p> <p>12:15PM - 12:45PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>1:00PM - 1:25PM JL Cycle Studio</p> <p>LES MILLS RPM</p> <p>1:30PM - 2:20PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>2:25PM - 2:55PM JL Cycle Studio</p> <p>LES MILLS THE TRIP</p> <p>3:00PM - 3:45PM JL Cycle Studio</p> <p>RPM or SPRINT</p> <p>4:00PM - 4:45PM JL Cycle Studio</p> <p>LES MILLS sprint</p> <p>5:00PM - 5:30PM JL Cycle Studio</p>

TUTORIAL

Monday



3:15PM - 3:45PM
JL Cycle Studio



4:10PM - 4:40PM
JL Cycle Studio



4:45PM - 5:15PM
JL Cycle Studio



5:30PM - 6:15PM
JL Cycle Studio



6:30PM - 7:00PM
JL Cycle Studio



7:15PM - 8:00PM
JL Cycle Studio



8:10PM - 8:40PM
JL Cycle Studio

Tuesday



4:10PM - 4:40PM
JL Cycle Studio



4:45PM - 5:15PM
JL Cycle Studio



5:30PM - 6:15PM
JL Cycle Studio



6:30PM - 7:15PM
JL Cycle Studio



7:25PM - 7:55PM
JL Cycle Studio



8:00PM - 8:50PM
JL Cycle Studio

Wednesday



4:10PM - 5:00PM
JL Cycle Studio



5:30PM - 6:00PM
JL Cycle Studio



6:20PM - 7:10PM
JL Cycle Studio



7:20PM - 7:50PM
JL Cycle Studio



8:00PM - 8:50PM
JL Cycle Studio

Thursday



4:10PM - 4:40PM
JL Cycle Studio



4:45PM - 5:15PM
JL Cycle Studio



5:30PM - 6:15PM
JL Cycle Studio



6:30PM - 7:20PM
JL Cycle Studio



7:25PM - 8:10PM
JL Cycle Studio



8:20PM - 8:50PM
JL Cycle Studio

Friday



4:10PM - 4:55PM
JL Cycle Studio



5:30PM - 6:00PM
JL Cycle Studio



6:20PM - 7:05PM
JL Cycle Studio



7:15PM - 7:45PM
JL Cycle Studio

Saturday



4:20PM - 5:10PM
JL Cycle Studio

Sunday

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 or SPRINT

Alternates weekly

LES MILLS

RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LES MILLS

sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.



LES MILLS

RPM

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



LES MILLS

THE TRIP

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

Cycle - JERRY LONG FAMILY YMCA

Live and VIRTUAL
classes