



**BOSQUE CYCLING STUDIO
CLASS SCHEDULE
JANUARY 2021**

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|--|-----------|---|--------|----------|
| 5:30 AM | |  Jenn K. | |  Jenn K. | | |
| 9:00 AM | |  Tiffany R. | |  Tiffany R. | | |
| 12:00 PM | | | | | | |
| 5:30 PM |  Bobby T. |  Laurie V. | | | | |

- *Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.*

Class Descriptions

MIX'd

Mix it up with Tabata, speed, strength drills, and a mix of your favorite hit music for this next level 60-minute interval class.

RPM™

The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

