



**CAPITAL CYCLING STUDIO CLASS SCHEDULE
DECEMBER 2020**

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	Mix'd Jeff I.				Mix'd Maureena W.		
9:00 AM		Mix'd Carol D.				Mix'd Lindsey H.	
12:00 PM				GRIND Maureena W.			

- 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

GRIND

In 30-minutes you'll push yourself to the limit as you grind your way through this High Intensity Interval Training H.I.I.T. workout that will leave you burning for more.

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. We now offer a 45-minute Express MIX'd Cycling as well.

