



## MESA CYCLING STUDIO CLASS SCHEDULE JANUARY 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	 Danny A.	 Bobby T.	 Tiffany P.	 Bobby T.			
9:00 AM		 Shawnee E.		 Shawnee E.			
12:00 PM					 Tiffany R.		

- 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.

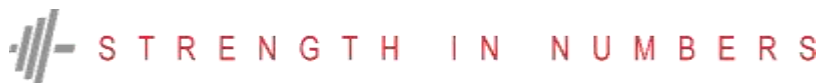
#### SPRINT

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

#### 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.

**RPM™** - is 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.



8050 Central Ave SW, Albuquerque NM 87102 (505) 296-7000. Get in the know.  
Download our APP for current class times.