



METRO CYCLING STUDIO CLASS SCHEDULE JANUARY 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		 Nadine M.		 Casey M.			
9:00 AM			 Lara B.				
12:00 PM				 Mary Jo			

- 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.

