



**RIO**  
**JANURARY 2021 CYCLING STUDIO CLASS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	 Amy W.		 Amy W.				
9:00 AM			 Jen C.				
12:00 PM		 Liz B.		 Liz B.			
5:45 PM	 Cheri K.		 Cheri K.				

**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.

**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.