






SANDIA CYCLING STUDIO CLASS SCHEDULE January 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		 Bev R.					
9:00 AM	 Lara B.						
12:00 PM		 Karina G.					

- 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.

