



GROUP FITNESS

VIRTUAL CYCLING SCHEDULE

EFFECTIVE JANUARY 12

CLASS REGISTRATION IS REQUIRED

- Les Mills Virtual RPM
- Les Mills Sprint
- Evening Classes

*All classes held in the
Cycling Studio.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Virtual Sprint 5:30-6:00am		
	Virtual RPM 7:00-7:45am		Virtual RPM 7:00-7:45am		Virtual RPM 7:30-8:15am	
				Virtual RPM 8:00-8:45am		Virtual Sprint 8:00-8:30am
Virtual RPM 10:00-10:45am					Virtual RPM 10:00-10:45am	
						Virtual RPM 10:30-11:15am
Virtual RPM 1:00-1:45pm	Virtual RPM 1:00-1:45pm	Virtual Sprint 1:00-1:30pm	Virtual RPM 1:00-1:45pm	Virtual Sprint 1:00-1:30pm	Virtual RPM 1:00-1:45pm	Virtual Sprint 1:00-1:30pm
				Virtual RPM 4:30-5:15pm		
	Virtual Sprint 5:00-5:30pm	Virtual RPM 5:00-5:45pm				
	Virtual RPM 6:30-7:15pm		Virtual Sprint 6:00-6:30pm			

RPM™ is a 45-minute, low-impact indoor cycling workout where you control the intensity. With energizing music, your instructor guides you through hill climbs, sprints, and flat rides. You push to your cardio peak, then ease back while staying in sync with the pack. Set your own resistance and speed, building endurance at your own pace—it's a journey, not a race!

LES MILLS SPRINT™ is a 30-minute HIIT workout on an indoor bike, designed for fast results. This high-intensity, low-impact training pushes your limits, burns calories for hours, and delivers rapid fitness gains through intense bursts and recovery periods.



*Class Schedules are Subject to Change.