

# Road House Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:30AM SUYUMI</b> INTERVALS & ARMS  45 MIN	<b>8:30 AM JON</b> HILLS & DRILLS  45 MIN	<b>8:30 AM ANDI</b> INTERVALS & ARM  45 MIN	<b>8:30 AM CHARLOTTE</b> HOUSE HIIT  45 MIN	<b>8:30 AM SUYUMI</b> HILLS & DRILLS  45 MIN	<b>9:30 AM RACHEL</b> INTERVALS & ARMS  45 MIN	<b>9:45 AM MIKE</b>  ROAD WARRIOR 45 MIN
<b>9:30 AM ANDI</b> ROAD WARRIOR  45 MIN	<b>9:30 AM MIKE</b> HOUSE HIIT  45 MIN	<b>9:30AM ROBERT</b> ROAD TRIPPIN'  45 MIN	<b>9:30 AM RACHEL</b> HILLS & DRILLS  45 MIN	<b>9:30 AM BECKY</b> ROAD WARRIOR 45 MIN	<b>10:30 AM MICHELLE</b> HOUSE HIIT 45 MIN  <div>COMMUNITY Ride</div>	
	<b>6:00 PM MICHELLE</b>  ROAD WARRIOR 45 MIN		<b>6:00 PM MIKE</b>  HOUSE HIIT 45 MIN		<b>COMMUNITY RIDE: A FREE RIDE TO NEW &amp; LOCAL RIDERS. INVITE YOUR FRIENDS &amp; FAMILY TO JOIN THE PARTY!</b>	



## HILLS & DRILLS

Get it done .. all in one! An Interval training based endurance ride that focuses on a slower rpm with heavier gear to build cardiovascular output mixed with intervals of drills that connect to your inner beast ( body conditioning) That all purpose one two punch that will get results every time!  
(45 minutes)

## HOUSE HIIT

High intensity intervals with shorter recovery times. This is the one with the "push" Amp up and hit it hard. Hills- flats-races and endorphins. At times may include music videos based on guide discretion.  
(45 minutes)

## ROAD TRIPPIN'

An inner ride that focuses on your mind-body-spirit connection and holistically creates the space for your own personal journey. Joyful and cathartic. Focuses on the music, videos, and guide dialog to take you away from your road bumps and detours and into a freshly paved road.  
(45 minutes)

## ROAD WARRIOR

This is the one if you are looking to really change your direction . Extra miles give your body and mind the extra time on the road to explore your journey and take the road less travelled. This ride combines all formats ( Hills, HIIT, Endurance and strength)  
(45 minutes)

## INTERVALS AND ARMS

This ride focuses on cardiovascular intervals with segments of upper body conditioning with light weights for a total body workout.  
(45 minutes)