

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>8:30 AM</div> <div>BECKY</div> <div>ROAD WARRIOR</div> <div>45 MIN</div>		<div>8:30 AM</div> <div>ANDI</div> <div>INTERVALS & ARMS</div> <div>45 MIN</div>		<div>8:30 AM</div> <div>MICHELLE</div> <div>HILLS & DRILLS</div> <div>45 MIN</div>	<div>9:30 AM</div> <div>RACHEL</div> <div>INTERVALS & ARMS</div> <div>45 MIN</div>	<div>9:30 AM</div> <div>MIKE</div> <div>RIDE 55</div> <div>55 MIN</div>
<div>9:30 AM</div> <div>MICHELLE</div> <div>SPEED RACER</div> <div>NEW RIDE</div> <div>30 MIN</div>	<div>9:30 AM</div> <div>MIKE</div> <div>HOUSE HIIT (RIDE 55)</div> <div>55 MIN</div>	<div>9:30 AM</div> <div>DAWNA</div> <div>SPEED RACER</div> <div>NEW RIDE</div> <div>30 MIN</div>	<div>9:30 AM</div> <div>JON</div> <div>HOUSE HIIT (RIDE 55)</div> <div>55 MIN</div>	<div>9:30 AM</div> <div>BECKY</div> <div>SPEED RACER</div> <div>NEW RIDE</div> <div>30 MIN</div>	<div>10:30 AM</div> <div>MICHELLE</div> <div>HOUSE HIIT</div> <div>FREE TO NEW RIDERS</div> <div>45 MIN</div>	
<div>5:30 PM</div> <div>DAWNA</div> <div>SPEED RACER</div> <div>NEW RIDE</div> <div>30 MIN</div>	<div>6:00 PM</div> <div>MICHELLE</div> <div>ROAD WARRIOR</div> <div>45 MIN</div>	<div>5:30 PM</div> <div>MIKE</div> <div>SPEED RACER</div> <div>NEW RIDE</div> <div>30 MIN</div>	<div>6:00 PM</div> <div>CHARLOTTE</div> <div>HOUSE HIIT</div> <div>45 MIN</div>			

CLASS

DESCRIPTIONS

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)

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 cathar- tic. 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)

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)

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 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 traveled. This ride combines all formats (Hills, HIIT, Endurance and strength)
(45 minutes)

SPEED RACER

This journey is an action packed ride! You will experience high intensity intervals with quick recovery times to get you to the finish line
(30 minutes)