





Road House Cycle

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM ROBERT S VIDEO RIDE  45 MIN		8:30 AM ANDI BODYSHOP  45 MIN		8:30 AM MIKE HILLS & DRILLS 45 MIN	9:30 AM RACHEL INTERVALS & ARMS 45 MIN	9:30 AM MIKE RIDE 55 55 MIN
9:30 AM ANDI ROAD TRIPPIN 45 MIN	9:30 AM MICHELLE RIDE 55 55 MIN	9:30 AM BECKY ROAD TRIPPIN 45 MIN	9:30 AM MIKE RIDE E55 55 MIN	9:30 AM BECKY BODYSHOP  45 MIN	10:30 AM MICHELLE BODYSHOP  45 MIN	
	6:00 PM MIKE ROAD WARRIOR 45 MIN		6:00 PM CHARLOTTE INTERVALS & ARMS 45 MIN			

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)

BODYSHOP

Our signature ride, incorporating resistance bands for a full body workout on the bike. (45 Minutes)

RIDE 55

55 Minutes of endurance, Interval Training, & the use of Spivi Technology challenges to motivate you to the finish line.(55 Minutes)

VIDEO RIDE

Our motivational ride, filled with inspiration and motivation, taken to a new level! With each song you hear, watch it's MUSIC VIDEO while you ride!
(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)