

# JERRY LONG FAMILY YMCA

## Cycle Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS SPRINT 5:30am-6:00am	LES MILLS THE TRIP 5:30am-6:15am	LES MILLS RPM 5:30am-6:15am	LES MILLS SPRINT 5:30am-6:00am	LES MILLS RPM 5:30am-6:15am		
LES MILLS THE TRIP 6:10am-6:55am	LES MILLS RPM 6:20am-7:10am	LES MILLS SPRINT 6:15am-6:45am	LES MILLS RPM 6:20am-7:10am	LES MILLS SPRINT 6:25am-6:55am	LES MILLS RPM 7:10am-8:00am	
LES MILLS SPRINT 7:15am-7:45am	LES MILLS SPRINT 7:15am-7:45am	LES MILLS RPM 6:45am-7:35am	LES MILLS RPM 7:15am-8:05am	LES MILLS THE TRIP 7:00am-7:45am	LES MILLS SPRINT 8:05am-8:35am	
LES MILLS SPRINT 7:55am-8:25am	JOY RIDERS 8:30am-9:15am	LES MILLS SPRINT 7:35am-8:05am	JOY RIDERS 8:30am-9:15am	LES MILLS RPM 8:15am-9:00am	LES MILLS SPRINT 8:40am-9:10am	
LES MILLS RPM 8:30am-9:20am	LES MILLS RPM 9:30am-10:20am	LES MILLS SPRINT 8:30am-9:00am	LES MILLS RPM 9:30am-10:15am	LES MILLS SPRINT 9:30am-10:00am	LES MILLS RPM 9:30am-10:15am	
LES MILLS RPM 9:30am-10:15am	LES MILLS SPRINT 10:30am-11:00am	LES MILLS THE TRIP 9:30am-10:15am	LES MILLS SPRINT 10:30am-11:00am	LES MILLS THE TRIP 10:10am-10:55am	LES MILLS SPRINT 10:30am-11:00am	
LES MILLS SPRINT 10:30am-11:00am	LES MILLS THE TRIP 11:05am-11:50am	LES MILLS RPM 10:30am-11:20am	LES MILLS RPM 11:05am-11:55am	LES MILLS SPRINT 11:20am-11:50am	LES MILLS THE TRIP 11:05am-11:50pm	
LES MILLS RPM 11:05am-11:55am	LES MILLS SPRINT 12:00pm-12:30pm	LES MILLS SPRINT 11:20am-11:50am	LES MILLS SPRINT 12:00pm-12:30pm	LES MILLS RPM 12:00pm-12:50pm	LES MILLS SPRINT 12:00pm-12:30pm	LES MILLS SPRINT 12:15pm-12:45pm
LES MILLS RPM 12:00pm-12:50pm	LES MILLS SPRINT 12:35pm-1:05pm	LES MILLS THE TRIP 12:00pm-12:45pm	LES MILLS SPRINT 12:35pm-1:05pm	LES MILLS SPRINT 1:00pm-1:30pm	LES MILLS THE TRIP 12:35pm-1:20pm	LES MILLS RPM TUTORIAL 1:00pm-1:25pm
LES MILLS SPRINT 1:00pm-1:30pm	LES MILLS RPM 1:15pm-2:05pm	LES MILLS SPRINT 1:00pm-1:30pm	LES MILLS RPM 1:15pm-2:05pm	LES MILLS SPRINT 1:35pm-2:05pm	LES MILLS RPM 1:25pm-2:15pm	LES MILLS RPM 1:30pm-2:20pm
LES MILLS SPRINT 1:35pm-2:05pm	LES MILLS SPRINT 2:15pm-2:45pm	LES MILLS SPRINT 1:35pm-2:05pm	LES MILLS SPRINT 2:15pm-2:45pm	LES MILLS RPM 2:15pm-3:05pm	LES MILLS SPRINT 2:20pm-2:50pm	LES MILLS SPRINT 2:25pm-2:55pm
LES MILLS THE TRIP 2:15pm-3:00pm	LES MILLS RPM 3:00pm-3:50pm	LES MILLS RPM 2:15pm-3:05pm	LES MILLS THE TRIP 3:00pm-3:45pm	LES MILLS SPRINT 3:15pm-3:45pm	LES MILLS THE TRIP 2:55pm-3:40pm	LES MILLS THE TRIP 3:00pm-3:45pm
LES MILLS SPRINT 3:15pm-3:45pm	LES MILLS SPRINT 4:10pm-4:40pm	LES MILLS SPRINT 3:15pm-3:45pm	LES MILLS SPRINT 4:10pm-4:40pm	LES MILLS THE TRIP 4:10pm-4:55pm	LES MILLS SPRINT 3:45pm-4:15pm	LES MILLS RPM OR SPRINT 4:00pm-4:45pm
LES MILLS SPRINT 4:10pm-4:40pm	LES MILLS SPRINT 4:45pm-5:15pm	LES MILLS RPM 4:10pm-5:00pm	LES MILLS SPRINT 4:45pm-5:15pm	LES MILLS SPRINT 5:30pm-6:00pm	LES MILLS RPM 4:20pm-5:10pm	LES MILLS SPRINT 5:00pm-5:30pm
LES MILLS SPRINT 4:45pm-5:15pm	LES MILLS RPM 5:30pm-6:15pm	LES MILLS SPRINT 5:30pm-6:00pm	LES MILLS RPM 5:30pm-6:15pm	LES MILLS THE TRIP 6:20pm-7:05pm		
LES MILLS RPM 5:30pm-6:15pm	LES MILLS THE TRIP 6:30pm-7:15pm	LES MILLS RPM 6:20pm-7:10pm	LES MILLS RPM 6:30pm-7:20pm	LES MILLS SPRINT 7:15pm-7:45pm		
LES MILLS SPRINT 6:30pm-7:00pm	LES MILLS SPRINT 7:25pm-7:55pm	LES MILLS SPRINT 7:20pm-7:50pm	LES MILLS THE TRIP 7:25pm-8:10pm			
LES MILLS THE TRIP 7:15pm-8:00pm	LES MILLS RPM 8:00pm-8:50pm	LES MILLS RPM 8:00pm-8:50pm	LES MILLS SPRINT 8:20pm-8:50pm			
LES MILLS SPRINT 8:10pm-8:40pm						

Virtual Class    Live Class

**Hip Hop Cycle:** An interval training cycle ride set to fun and energizing hip hop music! **Joy Riders:** 45 minute interval fun social ride **LesMills RPM:** An indoor cycling class set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast. **LesMills Sprint:** A workout of high intensity, designed using an indoor bike to achieve fast results. **LesMills RPM Virtual:** Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level. **LesMills The Trip:** A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds. All classes held in Cycle Studio. Subject to change. For the most up to date and accurate information on LIVE classes, check our YMCA of NWNK mobile app.