RPM™ / SPRINT™ / CYCLING
December 16 – January 5, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/16 **5:30AM Cycling** Erv **10:15AM RPM™** Barry **12:00PM SPRINT™** Emily **5:30PM Cycling** Paula	17 **5:30AM Cycling** Jess C **9:00AM Cycling** Liz **4:15PM Warrior Ride** Jason (45 min) **5:30PM RPM™** Lacey	18 **5:30AM RPM™** Sarah/Barry **10:15AM SPRINT™** Emily **12:00PM RPM™** Phyllis (45 min) **5:30PM Cycling** Paula	19 **5:30AM RPM™** Barry **9:00AM RPM™** Phyllis **4:15PM Warrior Ride** Jason (45 min) **5:30PM RPM™** Jeanne	20 **5:30AM Cycling** Erv **9:00AM RPM™** Barry	21 **8:15AM RPM™** Jeanne/Sarah (45 min) **9:30AM RPM™** Jason **10:45AM RPM™** Jason/Barry	22 **9:00 AM RPM™** Tereza/Lacey
23 **5:30AM Cycling** Erv **10:15AM RPM™** Phyllis **12:00PM RPM™** Barry (45 min) **5:30PM Cycling** Paula	24 **5:30AM Cycling** Jess C/ Jody **9:00AM SPRINT™** Emily *Closing at 12 PM*	25 **MERRY CHRISTMAS!** **CLOSED**	26 **5:30AM Cycling** Jess C **9:00AM RPM™** Lacey **4:15PM Warrior Ride** Jason (45 min) **5:30 RPM™** Jeanne	27 **5:30AM Cycling** Erv **9:00AM Cycling** Paula	28 **8:15AM RPM™** Jeanne/Sarah (45 min) **9:30AM RPM™** Jason **10:45AM Cycling** Jess C	29 **9:00AM Cycling** Jess C
30 **5:30AM Cycling** Erv **10:15AM RPM™** Phyllis **12:00PM SPRINT™** Emily **5:30PM Cycling** Paula	31 **5:30AM Cycling** Jody **9:00AM Cycling** Liz *Closing at 12 PM*	1/1 **HAPPY NEW YEAR!** **CLOSED**	2 **5:30AM RPM™** Barry **9:00AM RPM™** Phyllis **4:15PM Warrior Ride** Jason (45 min) **5:30PM RPM™** Jeanne	3 **5:30AM Cycling** Erv **9:00AM RPM™** Barry	4 **8:15AM RPM™** Jeanne (45 min) **9:30AM RPM™** Jason/Barry **10:45AM RPM™** Phyllis	5 **9:00AM RPM™** Jeanne
	**All Cycling and RPM classes are 60 minutes unless otherwise noted.*	** All SPRINT classes are 30 minutes.*				