

Rollingwood Athletic Club - **VIRTUAL CYCLE SCHEDULE** - Located in the Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Race Shift <i>Linda W.</i>	LIVE CLASS <i>Kippy</i> (5:45-6:30 AM)	Rhythm Start <i>Lindsay B.</i>	LIVE CLASS <i>Kippy</i> (5:45-6:30 AM)	Race Wind <i>Amanda L.</i>	Studio Closed	Studio Closed
6:00 AM	Rhythm Start <i>Lindsay B.</i>		Race Wind <i>Amanda L.</i>		Rhythm Industrial <i>Lindsay B.</i>		
7:00 AM	Race Wind <i>Amanda L.</i>	Race Shift <i>Linda W.</i>	Rhythm Industrial <i>Lindsay B.</i>	Rhythm Start <i>Lindsay B.</i>	Race Engine <i>Amanda L.</i>		
8:00 AM	Rhythm Industrial <i>Lindsay B.</i>	Rhythm Start <i>Lindsay B.</i>	Race Engine <i>Amanda L.</i>	Race Wind <i>Amanda L.</i>	Rhythm Conductor <i>Melissa P.</i>	LIVE CLASS <i>Philip</i> (8:45-9:45 AM)	FREE RIDE
9:00 AM	Race Engine <i>Amanda L.</i>	Race Wind <i>Amanda L.</i>	Rhythm Conductor <i>Melissa P.</i>	Rhythm Industrial <i>Lindsay B.</i>	Race Fuel <i>Sergio V.</i>		
10:00 AM	Rhythm Conductor <i>Melissa P.</i>	Rhythm Industrial <i>Lindsay B.</i>	Race Fuel <i>Sergio V.</i>	Race Engine <i>Amanda L.</i>	Rhythm Ready <i>Nicky L.</i>	Race Cruise <i>Lindsay B.</i>	
11:00 AM	Race Fuel <i>Sergio V.</i>	Race Engine <i>Amanda L.</i>	Rhythm Ready <i>Nicky L.</i>	Rhythm Conductor <i>Melissa P.</i>	Race Cruise <i>Lindsay B.</i>	Rhythm Gains <i>Javan H.</i>	
12:00 PM	Rhythm Ready <i>Nicky L.</i>	Rhythm Conductor <i>Melissa P.</i>	Race Cruise <i>Lindsay B.</i>	Race Fuel <i>Sergio V.</i>	Rhythm Gains <i>Javan H.</i>	Rhythm Light <i>Hannah L.</i>	
1:00 PM	Race Cruise <i>Lindsay B.</i>	Race Fuel <i>Sergio V.</i>	Rhythm Gains <i>Javan H.</i>	Rhythm Ready <i>Nicky L.</i>	Rhythm Light <i>Hannah L.</i>	Rhythm Peak <i>Melissa P.</i>	
2:00 PM	Rhythm Gains <i>Javan H.</i>	Rhythm Ready <i>Nicky L.</i>	Rhythm Light <i>Hannah L.</i>	Race Cruise <i>Lindsay B.</i>	Rhythm Peak <i>Melissa P.</i>	Rhythm Involved <i>Sergio V.</i>	
3:00 PM	Rhythm Light <i>Hannah L.</i>	Race Cruise <i>Lindsay B.</i>	Rhythm Peak <i>Melissa P.</i>	Rhythm Gains <i>Javan H.</i>	Rhythm Involved <i>Sergio V.</i>	Rhythm Coast <i>Nicky L.</i>	
4:00 PM	Rhythm Peak <i>Melissa P.</i>	Rhythm Gains <i>Javan H.</i>	Rhythm Involved <i>Sergio V.</i>	Rhythm Light <i>Hannah L.</i>	Rhythm Coast <i>Nicky L.</i>	Rhythm Release <i>Lindsay B.</i>	
5:00 PM	Rhythm Involved <i>Sergio V.</i>	Rhythm Light <i>Hannah L.</i>	Rhythm Coast <i>Nicky L.</i>	Rhythm Peak <i>Melissa P.</i>	Rhythm Release <i>Lindsay B.</i>	Studio Closed	Studio Closed
6:00 PM	Rhythm Coast <i>Nicky L.</i>	Rhythm Peak <i>Melissa P.</i>	Rhythm Release <i>Lindsay B.</i>	Race Wind <i>Amanda L.</i>	Race Shift <i>Linda W.</i>		
7:00 PM	Rhythm Release <i>Lindsay B.</i>	Race Wind <i>Amanda L.</i>	Race Shift <i>Linda W.</i>	Rhythm Peak <i>Melissa P.</i>	Rhythm Start <i>Lindsay B.</i>		

Ride Race is a signature ride format that builds power and strength with a focus on training in your correct intensity zones. If you're ready to take your workout to the next level, this class is ideal for the indoor and outdoor cycling enthusiast who wants to achieve more than they thought possible. Race longer, climb higher and get stronger in our powerful Race workouts by The Ride (45 min classes)

Ride Rhythm is a signature class format that is perfect for the rider who loves to connect with the beat of the music and the energy generated from a great workout. In these classes, motivation takes the lead as you lift, move and groove to the beat of the drum and the pace of the ride. Get lost in this rhythm-ride and be inspired to push yourself to the max (45 min classes).

Free Ride is an emersive cycle experience where rider's virtually trek through a variety of stunning trails from around the world. Feel free to hop on a bike anytime and get lost in this unique adventure!

*Advanced classes denoted in **RED**