

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

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

**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**