



# WOODLAKE

FITNESS | 2022

# Cycle Classes

September  
Schedule

## Saturdays - AM

**Sprint 30**

with Denise and Dafne

September 3 @ 9:15 am

September 10 @ 9:15 am

September 17 @ 9:15 am

September 24 @ 9:15 am

**Sprint 30: 30-minutes of high intensity interval training**