

**RPM™ / SPRINT™ / CYCLING
MAY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NEW – Les Mills SPRINT™ Mondays 4:45pm Thursday 5:45am</p> <p>30 minutes HiiT (High Intensity Interval Training) ALL fitness levels welcome!</p>		5/1	5/2	5/3	5/4
		<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Amy T</p>	<p>5:45AM SPRINT™ Stacy (30 mins)</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p> <p>5:30PM RPM™ Sheila</p>	<p>8:00AM RPM™ Melanie</p>	<p>8:15AM RPM™ Melanie</p>
6	7	8	9	10	11
<p>8:45AM Cycling Carissa</p> <p>4:45PM SPRINT™ Stacy (30 mins) 5:30PM RPM™ Stacy</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 Cycling Katrina (30 mins)</p> <p>Noon Cycling Karen</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Sheila P</p>	<p>5:45AM SPRINT™ Stacy (30 mins)</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p> <p>5:30PM RPM™ Sheila P</p>	<p>8:00AM RPM™ Melanie</p>	<p>8:15AM Les Mills Mash Up Group Exercise Room</p> <p>-----</p> <p>9:15AM SPRINT™ 30 mins - Cycling Room Stacy</p>
13	14	15	16	17	18
<p>8:45AM Cycling Carissa</p> <p>4:45PM SPRINT™ Stacy (30mins) 5:30PM RPM™ Stacy</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 Cycling Katrina (30 mins)</p> <p>Noon Cycling Karen</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Amy T</p>	<p>5:45AM SPRINT™ Stacy (30 mins)</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p> <p>5:30PM RPM™ Sheila P</p>	<p>8:00AM RPM™ Melanie</p>	<p>8:15AM RPM™ Amy T</p>
20	21	22	23	24	25
<p>8:45AM Cycling Carissa</p> <p>4:45PM SPRINT™ Stacy (30mins) 5:30PM RPM™ Stacy</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 Cycling Katrina (30 mins)</p> <p>Noon NO CLASS</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Amy T</p>	<p>5:45AM SPRINT™ Stacy (30 mins)</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p> <p>5:30PM RPM™ Sheila P</p>	<p>8:00AM RPM™ Melanie</p>	<p>8:15AM RPM™ Amy T</p>
27	28	29	30	31	
<p align="center">Memorial Day</p> <p align="center">CLOSED</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 Cycling Katrina (30 mins)</p> <p>Noon Cycling Karen</p> <p>5:30PM RPM™ Sheila</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Amy T</p>	<p>5:45AM SPRINT™ Stacy (30 mins)</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon Cycling Karen</p>	<p>8:00AM RPM™ Jeanne</p>	