

# YMCA - Greenville - Caine Halter Virtual Cycle Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>VIRTUAL RPM</b> 5:30AM - 6:20AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 6:30AM - 7:20AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 5:30AM - 6:20AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 5:30AM - 6:00AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 5:30AM - 6:20AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 7:30AM - 8:00AM Caine Halter Cycle Studio	
<b>VIRTUAL SPRINT</b> 6:30AM - 7:00AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 8:00AM - 8:30AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 7:00AM - 7:50AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 6:30AM - 7:20AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 6:30AM - 7:00AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 8:15AM - 8:45AM Caine Halter Cycle Studio	
<b>VIRTUAL RPM</b> 7:15AM - 8:05AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 10:30AM - 11:20AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 8:15AM - 8:45AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 8:00AM - 8:30AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 7:15AM - 8:05AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 9:00AM - 9:50AM Caine Halter Cycle Studio	
<b>VIRTUAL SPRINT</b> 8:15AM - 8:45AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 12:00PM - 12:50PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 9:15AM - 9:45AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 10:30AM - 11:20AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 8:15AM - 8:45AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 10:30AM - 11:20AM Caine Halter Cycle Studio	
<b>VIRTUAL RPM</b> 10:30AM - 11:20AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 1:30PM - 2:00PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 10:00AM - 10:50AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 12:00PM - 12:30PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 9:15AM - 9:45AM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 12:00PM - 12:50PM Caine Halter Cycle Studio	
<b>VIRTUAL RPM</b> 1:00PM - 1:50PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 2:30PM - 3:20PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 11:15AM - 11:45AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 2:30PM - 3:00PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 10:00AM - 10:50AM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 1:15PM - 1:45PM Caine Halter Cycle Studio	
<b>VIRTUAL SPRINT</b> 2:30PM - 3:00PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 4:00PM - 4:50PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 1:30PM - 2:20PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 3:30PM - 4:20PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 12:00PM - 12:50PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 2:00PM - 2:50PM Caine Halter Cycle Studio	
<b>VIRTUAL RPM</b> 3:30PM - 4:20PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 5:00PM - 5:30PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 3:00PM - 3:50PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 4:30PM - 5:00PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 1:30PM - 2:20PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 3:00PM - 3:30PM Caine Halter Cycle Studio	
<b>VIRTUAL SPRINT</b> 4:30PM - 5:00PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 7:00PM - 7:50PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 4:30PM - 5:00PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 6:00PM - 6:30PM Caine Halter Cycle Studio	<b>VIRTUAL SPRINT</b> 2:30PM - 3:00PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 4:00PM - 4:50PM Caine Halter Cycle Studio	
<b>VIRTUAL RPM</b> 7:30PM - 8:20PM Caine Halter Cycle Studio		<b>VIRTUAL RPM</b> 5:15PM - 6:05PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 7:00PM - 7:50PM Caine Halter Cycle Studio	<b>VIRTUAL RPM</b> 3:30PM - 4:20PM Caine Halter Cycle Studio		
		<b>VIRTUAL SPRINT</b> 6:30PM - 7:00PM Caine Halter Cycle Studio		<b>VIRTUAL SPRINT</b> 4:30PM - 5:00PM Caine Halter Cycle Studio		
		<b>VIRTUAL RPM</b> 7:30PM - 8:20PM Caine Halter Cycle Studio		<b>VIRTUAL RPM</b> 5:15PM - 6:05PM Caine Halter Cycle Studio		
				<b>VIRTUAL SPRINT</b> 6:30PM - 7:00PM Caine Halter Cycle Studio		



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

YMCA - Greenville -  
Caine Halter  
Group Exercise Timetable