

# YMCA - Greenville - Caine Halter Virtual Cycle Schedule

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