



LES MILLS VIRTUAL CYCLE SCHEDULE

PRISMA HEALTH FAMILY YMCA

MON	TUE	WED	THUR	FRI	SAT
6:30a RPM	5:15a RPM	6:30a RPM	5:15a RPM	6:30a RPM	7:15a Sprint
7:30a Sprint	6:15a RPM	7:30a Sprint	6:15a RPM	7:30a Sprint	10:30a RPM
10:30a RPM	7:15a RPM	10:30a RPM	7:15a RPM	10:30a RPM	11:30a RPM
11:30a RPM	8:15a Sprint	11:30a RPM	8:15a Sprint	11:30a RPM	12:30p RPM
12:30p RPM	10:30a RPM	12:30p RPM	10:30a RPM	12:30p RPM	1:30p RPM
1:30p RPM	11:30a RPM	1:30p RPM	11:30a RPM	1:30p RPM	2:30p RPM
2:30p RPM	12:30p Sprint	2:30p RPM	12:30p Sprint	2:30p RPM	3:30p RPM
3:30p RPM	2:30p RPM	3:30p Sprint	2:30p RPM	3:30p RPM	
4:30p Sprint	3:30p RPM	7:00p RPM	3:30p RPM	4:30p RPM	
7:45p RPM	4:30p Sprint	8:00 RPM	4:30p RPM	5:30p RPM	
	7:45p RPM		7:00p RPM	6:30p RPM	
			8:00p Sprint	7:30p RPM	