

Live Classes	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45a	LES MILLS RPM Ed	LES MILLS RPM Ed	LES MILLS RPM Harmani	30 min CYCLE Express 5:30a with Amy	LES MILLS RPM Kim	LES MILLS RPM 8:15a with Harmani	
	9:05a	LES MILLS RPM Amy C.		LES MILLS RPM Amy C.		CYCLE Kristina	CYCLE 9:30a with Roger	
	10:15a 30 min Express		LES MILLS RPM Harmani	LES MILLS RPM Mary			Sign up online! Sign up required for live classes starting 48 hours in advance.	
	5:30p	LES MILLS RPM Scott	CYCLE Roger	LES MILLS RPM Scott	CYCLE Kristina			

NEW! Works Cycle Zone VIRTUAL CLASSES! *Prerecorded Rides on large-format screen. Starts September 18.*

Virtual Classes	LES MILLS RPM VIRTUAL		works VIRTUAL						
	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	7:00a	LES MILLS RPM VIRTUAL	works VIRTUAL	LES MILLS RPM VIRTUAL	works VIRTUAL	LES MILLS RPM VIRTUAL	New to Indoor Cycling Classes? We recommend you take a live class first to learn proper bike setup! See above schedule.		
	10:30a				LES MILLS RPM VIRTUAL	works VIRTUAL			
	12:00p 30 Minute Express	LES MILLS RPM VIRTUAL	works VIRTUAL	LES MILLS RPM VIRTUAL	works VIRTUAL	LES MILLS RPM VIRTUAL	works VIRTUAL	LES MILLS RPM VIRTUAL	
	1:30p	works VIRTUAL	LES MILLS RPM VIRTUAL	works VIRTUAL			LES MILLS RPM VIRTUAL	works VIRTUAL	
	4:15p	LES MILLS RPM VIRTUAL	works VIRTUAL		works VIRTUAL	LES MILLS RPM VIRTUAL	Virtual Class: Please arrive a few minutes early and sign in. Sign in sheet in Cycle Zone.		
	6:45p			works VIRTUAL	LES MILLS RPM VIRTUAL				

WORKS CYCLE ZONE CLASS DESCRIPTIONS

LES MILLS RPM	Indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.
CYCLE	High energy indoor cycling classes led by a motivating instructor and accompanied by the instructor's unique music playlist. Our instructors also provide a unique video scene to help you through your workout.
LES MILLS RPM VIRTUAL	This class uses our large-screen with no live instructor. Our world-leading RPM Classes led by some of the best instructors on the planet. It's a truly inspiring experience that will drive amazing results. These 30 Or 45 minute indoor cycling classes are set to the rhythm of motivating music. These classes torch calories to get you fit and leave you feeling euphoric. If you have never taken an RPM class before, please take a live class to learn how to set up and use your bike.
works VIRTUAL	High energy indoor cycling classes guided by one of our many pre-recorded rides. These rides include hills, flats, mountain peaks, time trials, interval training and everything in between. Each class is presented on the screen with no live instructor. If you have never taken a cycling class previously, please attend a live class to learn how to set up and use your bike.