



# OCycle SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Interval Cycling Classes</b> are made up of a short periods of high-intensity activity in class (high resistance and/or speed ratio vs your % max in each area) followed by a short rest period.</p> <p><b>Combo Cycling Class</b> is a combination all Intervals, Strength and Endurance.</p>	<p><b>Strength Training Cycling</b> targets most of the muscles in your lower body. There are options for increasing and decreasing your resistance. When the cycling motion is repeated for a period of time, it burns fat as well as exerts your muscles and help build your core. The constant contraction and expansion of muscles provides isotonic exercise.</p> <p><b>Endurance Cycling Classes</b> gives you the ability to cycling longer and stronger.</p>					<p><b>9:00-9:45 AM</b>            Combo Cycling with Todd <b>1</b></p>
	<p><b>2</b> 5:15-6:00 PM            Endurance Cycling with Megan</p>	<p><b>3</b> 6:00-6:45 AM            Strength Cycling with Sallie</p>	<p><b>4</b> 9:30-10:15 AM            Combo Cycling with Beth</p> <p><b>5</b> 5:15-6:00 PM            Endurance Cycling with Megan</p>	<p><b>6</b> 6:00-6:45 AM            Combo Cycling with Todd</p> <p><b>5:15-6:00 PM</b>            Strength Cycling with Todd</p>	<p><b>6</b> 6:00-6:45 AM            Combo Cycling with Todd/Sallie</p>	<p><b>7</b> 9:00-9:45 AM            Strength Cycling with Megan <b>8</b></p>
	<p><b>9</b> 5:15-6:00 PM            Endurance Cycling with Megan</p>	<p><b>10</b> 6:00-6:45 AM            Combo Cycling with Sallie</p>	<p><b>11</b> 9:30-10:15 AM            Endurance Cycling with Beth</p> <p><b>12</b> 5:15-6:00 PM            Strength Cycling with Megan</p>	<p><b>13</b> 6:00-6:45 AM            Endurance Cycling with Sallie</p> <p><b>14</b> 5:15-6:00 PM            Interval Cycling with Todd</p>	<p><b>13</b> 6:00-6:45 AM            Combo Cycling with Todd/Sallie</p>	<p><b>14</b> 9:00-9:45 AM            Interval Cycling with Sallie <b>15</b></p>
	<p><b>16</b> 5:15-6:00 PM            Strength Cycling with Megan</p>	<p><b>17</b> 6:00-6:45 AM            Strength Cycling with Sallie</p>	<p><b>18</b> 9:30-10:15 AM            Interval Cycling with Beth</p> <p><b>19</b> 5:15-6:00 PM            Combo Cycling with Megan</p>	<p><b>20</b> 6:00-6:45 AM            Combo Cycling with Todd</p> <p><b>21</b> 5:15-6:00 PM            Strength Cycling with Todd</p>	<p><b>20</b> 6:00-6:45 AM            Combo Cycling with Todd/Sallie</p>	<p><b>21</b> 9:00-9:45 AM            Combo Cycling with Beth <b>22</b></p>
	<p><b>23</b> 5:15-6:00 PM            Interval Cycling with Megan</p>	<p><b>24</b> 6:00-6:45 AM            Interval Cycling with Sallie</p>	<p><b>25</b> 9:30-10:15 AM            Combo Cycling with Beth</p> <p><b>26</b> 5:15-6:00 PM            Endurance Cycling with Megan</p>	<p><b>26</b> 6:00-6:45 AM            Interval Cycling with Sallie</p> <p><b>27</b> 5:15-6:00 PM            Endurance Cycling with Todd</p>	<p><b>27</b> 6:00-6:45 AM            Combo Cycling with Todd/Sallie</p>	<p><b>28</b> 9:00-9:45 AM            Endurance Cycling with Beth <b>29</b></p>
<p><b>30</b></p>						