YMCA - Northwest North Carolina - William G. White, Jr. Family Group Exercise Timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio 1 5:15AM - 5:45AM	VIRTUAL	6:30AM - 7:00AM	VIRTUAL SPRINT 30 Mins	5:30AM - 6:20AM 7:00AM - 7:30AM	VIRTUAL RPM 50 Mins VIRTUAL	6:15AM - 6:45AM	VIRTUAL SPRINT 30 Mins	7:00AM - 7:30AM	VIRTUAL SPRINT 30 Mins	10:45AM - 11:35AM	VIRTUAL RPM 50 Mins	1:30PM - 2:20PM 2:30PM - 3:00PM	VIRTUA RPM 50 Min VIRTUA
	SPRINT 30 Mins	7:15AM - 8:05AM	VIRTUAL RPM 50 Mins	7.007111 7.007111	SPRINT 30 Mins	7:00AM - 7:50AM	VIRTUAL RPM 50 Mins	7:45AM - 8:35AM	VIRTUAL RPM 50 Mins	12:00PM - 12:30PM	SPRINT 30	2.001 0.001	SPRINT 30 Mins
7:15AM - 7:45AM	VIRTUAL SPRINT 30 Mins	10:00AM - 10:30AM	VIRTUAL SPRINT 30 Mins	7:45AM - 8:15AM	VIRTUAL SPRINT 30 Mins	9:45AM - 10:15AM	VIRTUAL SPRINT 30 Mins	8:45AM - 9:15AM	VIRTUAL SPRINT 30 Mins	12:45PM - 1:35PM	Mins VIRTUAL RPM 50 Mins	3:15PM - 4:05PM	VIRTUA RPM 50 Min
8:00AM - 8:50AM	VIRTUAL RPM 50 Mins	10:45AM - 11:35AM	VIRTUAL RPM 50	8:30AM - 9:20AM	VIRTUAL RPM 50 Mins	10:30AM - 11:20AM	VIRTUAL RPM 50	9:30AM - 10:20AM	VIRTUAL RPM 50 Mins	1:45PM - 2:15PM	VIRTUAL SPRINT 30		
9:15AM - 9:45AM	VIRTUAL SPRINT 30	11:45AM - 12:15PM		9:30AM - 10:20AM	VIRTUAL RPM 50 Mins	11:30AM - 12:00PM	Mins VIRTUAL	10:30AM - 11:00AM	SPRINT 30	2:30PM - 3:20PM	Mins VIRTUAL RPM		
10:00AM - 10:50AM	RPM 50 Mins	40.00014 4.00014	SPRINT 30 Mins	10:30AM - 11:00AM	SPRINT 30	10 10011 1 00011	SPRINT 30 Mins	11:15AM - 12:05PM		3:30PM - 4:00PM	50 Mins VIRTUAL		
		12:30PM - 1:20PM	VIRTUAL RPM 50 Mins	11:15AM - 12:05PM	Mins VIRTUAL	12:10PM - 1:00PM	VIRTUAL RPM 50 Mins		RPM 50 Mins		SPRINT 30 Mins		
11:15AM - 11:45AM	VIRTUAL SPRINT 30 Mins	1:30PM - 2:00PM	VIRTUAL SPRINT 30 Mins	12:15PM - 12:45PM	RPM 50 Mins VIRTUAL	1:15PM - 1:45PM	VIRTUAL SPRINT 30 Mins	12:15PM - 12:45PM	VIRTUAL SPRINT 30 Mins				
12:00PM - 12:50PM	RPM 50	2:15PM - 3:05PM	VIRTUAL RPM 50 Mins	12.13FW - 12.43FW	SPRINT 30 Mins	2:00PM - 2:50PM	VIRTUAL RPM 50 Mins	1:00PM - 1:30PM	VIRTUAL SPRINT 30				
1:00PM - 1:30PM	Mins VIRTUAL SPRINT 30	3:30PM - 4:00PM	VIRTUAL SPRINT 30 Mins	1:00PM - 1:30PM	VIRTUAL SPRINT 30 Mins	3:30PM - 4:00PM	VIRTUAL SPRINT 30 Mins	1:45PM - 2:35PM	Mins VIRTUAL RPM 50 Mins				
1:45PM - 2:35PM	Mins VIRTUAL RPM	4:15PM - 4:45PM	VIRTUAL SPRINT 30	1:45PM - 2:35PM	VIRTUAL RPM 50 Mins	4:15PM - 4:45PM	VIRTUAL SPRINT 30	2:45PM - 3:15PM	VIRTUAL SPRINT 30				
2:45PM - 3:15PM	50 Mins VIRTUAL SPRINT 30	5:00PM - 5:50PM	Mins VIRTUAL RPM	2:45PM - 3:15PM	VIRTUAL SPRINT 30	7:15PM - 7:45PM	Mins VIRTUAL	3:30PM - 4:00PM	Mins VIRTUAL				
3:30PM - 4:00PM	Mins VIRTUAL	7:15PM - 7:45PM	50 Mins VIRTUAL SPRINT 30	3:30PM - 4:00PM	Mins VIRTUAL SPRINT 30	8:00PM - 8:45PM	SPRINT 30 Mins VIRTUAL THE	4:10PM - 5:00PM	SPRINT 30 Mins VIRTUAL RPM				
4:10PM - 5:00PM	SPRINT 30 Mins VIRTUAL RPM	8:00PM - 8:45PM	Mins VIRTUAL THE	4:10PM - 5:00PM	Mins VIRTUAL RPM		TRIP 45 Mins	5:15PM - 5:45PM	50 Mins VIRTUAL				
5:15PM - 5:45PM	50 Mins VIRTUAL		TRIP 45 Mins	5:15PM - 5:45PM	50 Mins VIRTUAL SPRINT 30			6:00PM - 6:50PM	SPRINT 30 Mins VIRTUAL RPM				
	SPRINT 30 Mins			7:10PM - 8:00PM	Mins			7:00PM - 7:30PM	50 Mins VIRTUAL				
7:10PM - 8:00PM	VIRTUAL RPM 50 Mins				50 Mins			,2	SPRINT 30 Mins				



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.



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Group Exercise Timetable