





























# JERRY LONG FAMILY YMCA VIRTUAL Cycle Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS RPM</b> 5:30AM - 6:15AM JL Cycle Studio	<b>LES MILLS sprint</b> 5:30AM - 6:00AM JL Cycle Studio	<b>LES MILLS sprint</b> 5:30AM - 6:00AM JL Cycle Studio	<b>LES MILLS sprint</b> 5:30AM - 6:00AM JL Cycle Studio	<b>LES MILLS RPM</b> 5:30AM - 6:15AM JL Cycle Studio	<b>LES MILLS RPM</b> 7:10AM - 8:00AM JL Cycle Studio	<b>LES MILLS sprint</b> 12:15PM - 12:45PM JL Cycle Studio
<b>LES MILLS sprint</b> 6:45AM - 7:15AM JL Cycle Studio	<b>LES MILLS sprint</b> 6:15AM - 6:45AM JL Cycle Studio	<b>LES MILLS RPM</b> 6:05AM - 6:55AM JL Cycle Studio	<b>LES MILLS sprint</b> 6:15AM - 6:45AM JL Cycle Studio	<b>LES MILLS sprint</b> 6:25AM - 6:55AM JL Cycle Studio	<b>LES MILLS sprint</b> 8:05AM - 8:35AM JL Cycle Studio	<b>LES MILLS RPM</b> 1:00PM - 1:30PM JL Cycle Studio
<b>LES MILLS RPM</b> 7:20AM - 8:10AM JL Cycle Studio	<b>LES MILLS RPM</b> 7:00AM - 7:50AM JL Cycle Studio	<b>LES MILLS sprint</b> 7:15AM - 7:45AM JL Cycle Studio	<b>LES MILLS RPM</b> 7:00AM - 7:50AM JL Cycle Studio	<b>LES MILLS RPM</b> 7:00AM - 7:50AM JL Cycle Studio	<b>LES MILLS sprint</b> 8:50AM - 9:20AM JL Cycle Studio	<b>RPM or SPRINT</b> 2:00PM - 2:45PM JL Cycle Studio
<b>LES MILLS sprint</b> 8:30AM - 9:00AM JL Cycle Studio	<b>Joy Riders</b> 8:30AM - 9:15AM JL Cycle Studio	<b>LES MILLS sprint</b> 8:30AM - 9:00AM JL Cycle Studio	<b>Joy Riders</b> 8:30AM - 9:15AM JL Cycle Studio	<b>Hip Hop Cycle</b> 8:30AM - 9:15AM JL Cycle Studio	<b>LES MILLS RPM</b> 9:30AM - 10:15AM JL Cycle Studio	<b>LES MILLS RPM</b> 4:00PM - 4:50PM JL Cycle Studio
<b>LES MILLS RPM</b> 9:30AM - 10:15AM JL Cycle Studio	<b>LES MILLS RPM</b> 9:30AM - 10:15AM JL Cycle Studio	<b>LES MILLS RPM</b> 9:30AM - 10:20AM JL Cycle Studio	<b>LES MILLS RPM</b> 9:30AM - 10:15AM JL Cycle Studio	<b>LES MILLS sprint</b> 9:35AM - 10:05AM JL Cycle Studio	<b>LES MILLS sprint</b> 10:45AM - 11:15AM JL Cycle Studio	<b>LES MILLS sprint</b> 5:00PM - 5:30PM JL Cycle Studio
<b>LES MILLS sprint</b> 10:45AM - 11:15AM JL Cycle Studio	<b>LES MILLS sprint</b> 10:30AM - 11:00AM JL Cycle Studio	<b>LES MILLS sprint</b> 10:45AM - 11:15AM JL Cycle Studio	<b>LES MILLS sprint</b> 10:30AM - 11:00AM JL Cycle Studio	<b>LES MILLS RPM</b> 10:15AM - 11:05AM JL Cycle Studio	<b>LES MILLS RPM</b> 11:20AM - 12:10PM JL Cycle Studio	
<b>LES MILLS sprint</b> 11:20AM - 11:50AM JL Cycle Studio	<b>LES MILLS RPM</b> 11:05AM - 11:55AM JL Cycle Studio	<b>LES MILLS sprint</b> 11:20AM - 11:50AM JL Cycle Studio	<b>LES MILLS RPM</b> 11:05AM - 11:55AM JL Cycle Studio	<b>LES MILLS sprint</b> 11:20AM - 11:50AM JL Cycle Studio	<b>LES MILLS sprint</b> 12:15PM - 12:45PM JL Cycle Studio	
<b>LES MILLS RPM</b> 12:00PM - 12:50PM JL Cycle Studio	<b>LES MILLS sprint</b> 12:00PM - 12:30PM JL Cycle Studio	<b>LES MILLS RPM</b> 12:00PM - 12:50PM JL Cycle Studio	<b>LES MILLS sprint</b> 12:00PM - 12:30PM JL Cycle Studio	<b>LES MILLS RPM</b> 12:00PM - 12:50PM JL Cycle Studio	<b>LES MILLS RPM</b> 1:00PM - 1:50PM JL Cycle Studio	
<b>LES MILLS sprint</b> 1:00PM - 1:30PM JL Cycle Studio	<b>LES MILLS sprint</b> 12:35PM - 1:05PM JL Cycle Studio	<b>LES MILLS sprint</b> 1:00PM - 1:30PM JL Cycle Studio	<b>LES MILLS sprint</b> 12:35PM - 1:05PM JL Cycle Studio	<b>LES MILLS sprint</b> 1:00PM - 1:30PM JL Cycle Studio	<b>LES MILLS sprint</b> 2:00PM - 2:30PM JL Cycle Studio	
<b>LES MILLS sprint</b> 1:35PM - 2:05PM JL Cycle Studio	<b>LES MILLS RPM</b> 1:15PM - 2:05PM JL Cycle Studio	<b>LES MILLS sprint</b> 1:35PM - 2:05PM JL Cycle Studio	<b>LES MILLS RPM</b> 1:15PM - 2:05PM JL Cycle Studio	<b>LES MILLS sprint</b> 1:35PM - 2:05PM JL Cycle Studio	<b>LES MILLS sprint</b> 2:40PM - 3:10PM JL Cycle Studio	
<b>LES MILLS RPM</b> 2:15PM - 3:05PM JL Cycle Studio	<b>LES MILLS sprint</b> 2:15PM - 2:45PM JL Cycle Studio	<b>LES MILLS RPM</b> 2:15PM - 3:05PM JL Cycle Studio	<b>LES MILLS sprint</b> 2:15PM - 2:45PM JL Cycle Studio	<b>LES MILLS RPM</b> 2:15PM - 3:05PM JL Cycle Studio	<b>LES MILLS RPM</b> 3:15PM - 4:05PM JL Cycle Studio	
<b>LES MILLS sprint</b> 3:15PM - 3:45PM JL Cycle Studio	<b>LES MILLS RPM</b> 3:00PM - 3:50PM JL Cycle Studio	<b>LES MILLS sprint</b> 3:15PM - 3:45PM JL Cycle Studio	<b>LES MILLS RPM</b> 3:00PM - 3:50PM JL Cycle Studio	<b>LES MILLS sprint</b> 3:15PM - 3:45PM JL Cycle Studio	<b>LES MILLS sprint</b> 4:10PM - 4:40PM JL Cycle Studio	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> 4:10PM - 5:00PM JL Cycle Studio</p>	<p> 4:10PM - 4:40PM JL Cycle Studio</p>	<p> 4:10PM - 4:40PM JL Cycle Studio</p>	<p> 4:10PM - 4:40PM JL Cycle Studio</p>	<p> 4:10PM - 5:00PM JL Cycle Studio</p>		
<p> 5:10PM - 5:40PM JL Cycle Studio</p>	<p> 4:45PM - 5:15PM JL Cycle Studio</p>	<p> 4:45PM - 5:35PM JL Cycle Studio</p>	<p> 4:45PM - 5:15PM JL Cycle Studio</p>	<p> 5:30PM - 6:00PM JL Cycle Studio</p>		
<p> 6:00PM - 6:45PM JL Cycle Studio</p>	<p> 5:30PM - 6:15PM JL Cycle Studio</p>	<p> 6:00PM - 6:30PM JL Cycle Studio</p>	<p> 5:30PM - 6:15PM JL Cycle Studio</p>	<p> 6:20PM - 7:10PM JL Cycle Studio</p>		
<p> 7:00PM - 7:30PM JL Cycle Studio</p>	<p> 6:30PM - 7:20PM JL Cycle Studio</p>	<p> 6:45PM - 7:35PM JL Cycle Studio</p>	<p> 6:30PM - 7:20PM JL Cycle Studio</p>	<p> 7:15PM - 7:45PM JL Cycle Studio</p>		
<p> 7:45PM - 8:15PM JL Cycle Studio</p>	<p> 7:25PM - 7:55PM JL Cycle Studio</p>	<p> 7:45PM - 8:15PM JL Cycle Studio</p>	<p> 7:25PM - 7:55PM JL Cycle Studio</p>			
<p> 8:20PM - 8:50PM JL Cycle Studio</p>	<p> 8:00PM - 8:50PM JL Cycle Studio</p>	<p> 8:20PM - 8:50PM JL Cycle Studio</p>	<p> 8:00PM - 8:50PM JL Cycle Studio</p>			

**Hip Hop Cycle**

An interval training cycle ride set to fun and energizing hip hop music!

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**Joy Riders**

45 minute interval fun social ride

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**RPM or SPRINT**

Alternates weekly

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**LES MILLS**

**RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

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**LES MILLS**

**sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

Cycle - JERRY  
LONG FAMILY  
YMCA  
Live and VIRTUAL  
classes