

# Robinhood Family YMCA Les Mills Virtual Cycle Schedule

Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS RPM</b> 5:15AM - 5:45AM	<b>LES MILLS sprint</b> 7:00AM - 7:30AM	<b>LES MILLS RPM</b> 5:15AM - 5:45AM	<b>LES MILLS sprint</b> 7:00AM - 7:30AM	<b>LES MILLS RPM</b> 5:45AM - 6:35AM	<b>LES MILLS RPM</b> 11:30AM - 12:20PM	<b>LES MILLS sprint</b> 12:15PM - 12:45PM
<b>LES MILLS RPM</b> 7:30AM - 8:20AM	<b>LES MILLS sprint</b> 9:30AM - 10:00AM	<b>LES MILLS RPM</b> 7:30AM - 8:20AM	<b>LES MILLS sprint</b> 9:30AM - 10:00AM	<b>LES MILLS RPM</b> 7:30AM - 8:20AM	<b>LES MILLS sprint</b> 12:30PM - 1:00PM	<b>LES MILLS RPM</b> 2:30PM - 3:20PM
<b>LES MILLS RPM</b> 9:30AM - 10:20AM	<b>LES MILLS RPM</b> 10:30AM - 11:20AM	<b>LES MILLS RPM</b> 8:30AM - 9:20AM	<b>LES MILLS RPM</b> 10:30AM - 11:20AM	<b>LES MILLS RPM</b> 9:30AM - 10:20AM	<b>LES MILLS RPM</b> 1:15PM - 2:05PM	<b>LES MILLS sprint</b> 3:30PM - 4:00PM
<b>LES MILLS sprint</b> 10:30AM - 11:00AM	<b>LES MILLS sprint</b> 11:30AM - 12:00PM	<b>LES MILLS sprint</b> 10:40AM - 11:10AM	<b>LES MILLS RPM</b> 12:15PM - 1:05PM	<b>LES MILLS sprint</b> 10:30AM - 11:00AM	<b>LES MILLS sprint</b> 2:15PM - 2:45PM	<b>LES MILLS sprint</b> 4:15PM - 4:45PM
<b>LES MILLS sprint</b> 11:15AM - 11:45AM	<b>LES MILLS RPM</b> 12:15PM - 1:05PM	<b>LES MILLS RPM</b> 11:30AM - 12:20PM	<b>LES MILLS sprint</b> 1:15PM - 1:45PM	<b>LES MILLS RPM</b> 11:30AM - 12:20PM	<b>LES MILLS RPM</b> 3:00PM - 3:50PM	
<b>LES MILLS RPM</b> 1:10PM - 2:00PM	<b>LES MILLS sprint</b> 1:15PM - 1:45PM	<b>LES MILLS sprint</b> 12:30PM - 1:00PM	<b>LES MILLS RPM</b> 2:00PM - 2:50PM	<b>LES MILLS sprint</b> 12:30PM - 1:00PM		
<b>LES MILLS sprint</b> 2:15PM - 2:45PM	<b>LES MILLS RPM</b> 2:00PM - 2:50PM	<b>LES MILLS RPM</b> 1:10PM - 2:00PM	<b>LES MILLS sprint</b> 3:00PM - 3:30PM	<b>LES MILLS RPM</b> 1:10PM - 2:00PM		
<b>LES MILLS RPM</b> 3:00PM - 3:50PM	<b>LES MILLS sprint</b> 3:00PM - 3:30PM	<b>LES MILLS sprint</b> 2:15PM - 2:45PM	<b>LES MILLS sprint</b> 4:15PM - 4:45PM	<b>LES MILLS sprint</b> 2:15PM - 2:45PM		
<b>LES MILLS RPM</b> 4:15PM - 5:05PM	<b>LES MILLS sprint</b> 4:15PM - 4:45PM	<b>LES MILLS RPM</b> 3:00PM - 3:50PM	<b>LES MILLS RPM</b> 5:00PM - 5:50PM	<b>LES MILLS RPM</b> 3:00PM - 3:50PM		
<b>LES MILLS sprint</b> 5:15PM - 5:45PM	<b>LES MILLS RPM</b> 5:00PM - 5:50PM	<b>LES MILLS RPM</b> 4:15PM - 5:05PM	<b>LES MILLS sprint</b> 7:30PM - 8:00PM	<b>LES MILLS RPM</b> 4:15PM - 5:05PM		
<b>LES MILLS sprint</b> 7:15PM - 7:45PM	<b>LES MILLS sprint</b> 7:15PM - 7:45PM	<b>LES MILLS sprint</b> 5:15PM - 5:45PM	<b>LES MILLS RPM</b> 8:15PM - 9:00PM	<b>LES MILLS sprint</b> 5:15PM - 5:45PM		
<b>LES MILLS RPM</b> 8:00PM - 8:50PM	<b>LES MILLS THE TRIP</b> 8:00PM - 8:45PM	<b>LES MILLS RPM</b> 6:45PM - 7:35PM		<b>LES MILLS RPM</b> 6:00PM - 6:50PM		
		<b>LES MILLS sprint</b> 8:00PM - 8:30PM		<b>LES MILLS sprint</b> 7:00PM - 7:30PM		