

JERRY LONG FAMILY YMCA

Les Mills Virtual Cycle Schedule



Subject to change. For the most up to date and accurate information, please check our YMCA of NWNC mobile app.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 6:45am-7:35am Cycle Studio	VIRTUAL SPRINT 7:00am-7:30am Cycle Studio	VIRTUAL RPM 6:45am-7:35am Cycle Studio	VIRTUAL SPRINT 7:00am-7:30am Cycle Studio	VIRTUAL RPM 6:45am-7:35am Cycle Studio	ON DEMAND 7:00am-8:10am Cycle Studio	
	VIRTUAL RPM 10:35am-11:25am Cycle Studio	VIRTUAL SPRINT 10:30am-11:00am Cycle Studio	VIRTUAL RPM 10:35am-11:25am Cycle Studio	VIRTUAL SPRINT 10:30am-11:00am Cycle Studio		
VIRTUAL RPM 11:35am-12:05pm Cycle Studio	VIRTUAL SPRINT 11:35am-12:05pm Cycle Studio	VIRTUAL RPM 11:35am-12:05pm Cycle Studio	VIRTUAL SPRINT 11:35am-12:05pm Cycle Studio	VIRTUAL RPM 11:35am-12:05pm Cycle Studio		
VIRTUAL RPM 12:10pm-1:00pm Cycle Studio	VIRTUAL SPRINT 12:15pm-12:45pm Cycle Studio	VIRTUAL RPM 12:10pm-1:00pm Cycle Studio	VIRTUAL SPRINT 12:15pm-12:45pm Cycle Studio	VIRTUAL RPM 12:10pm-1:00pm Cycle Studio	VIRTUAL SPRINT 12:00pm-12:30pm Cycle Studio	VIRTUAL RPM BEGINNER 12:15pm-12:45pm Cycle Studio
	VIRTUAL RPM 12:50pm-1:40pm Cycle Studio		VIRTUAL RPM 12:50pm-1:40pm Cycle Studio	VIRTUAL SPRINT 1:05pm-1:35pm Cycle Studio	VIRTUAL RPM 12:45pm-1:35pm Cycle Studio	VIRTUAL SPRINT 1:00pm-1:30pm Cycle Studio
VIRTUAL SPRINT 1:05pm-1:35pm Cycle Studio		VIRTUAL SPRINT 1:05pm-1:35pm Cycle Studio				
ON DEMAND 1:45pm-4:00pm Cycle Studio	ON DEMAND 1:45pm-4:00pm Cycle Studio	ON DEMAND 1:45pm-4:00pm Cycle Studio	ON DEMAND 1:45pm-4:00pm Cycle Studio	ON DEMAND 1:45pm-4:00pm Cycle Studio	VIRTUAL SPRINT 1:45pm-2:15pm Cycle Studio	
					VIRTUAL RPM 2:30pm-3:00pm Cycle Studio	
					VIRTUAL RPM 3:15pm-4:05pm Cycle Studio	VIRTUAL RPM 3:00pm-3:50pm Cycle Studio
VIRTUAL SPRINT 4:15pm-4:45pm Cycle Studio	VIRTUAL RPM 4:15pm-5:05pm Cycle Studio	VIRTUAL SPRINT 4:15pm-4:45pm Cycle Studio	VIRTUAL RPM 4:15pm-5:05pm Cycle Studio	VIRTUAL RPM 4:15pm-5:05pm Cycle Studio	ON DEMAND 4:15pm-6:30pm Cycle Studio	ON DEMAND 4:55pm-6:30pm Cycle Studio
				VIRTUAL SPRINT 5:15pm-5:45pm Cycle Studio		
				VIRTUAL RPM 6:00pm-6:30pm Cycle Studio		
ON DEMAND 7:30pm-9:30pm Cycle Studio	ON DEMAND 7:30pm-9:30pm Cycle Studio	ON DEMAND 7:30pm-9:30pm Cycle Studio	ON DEMAND 7:30pm-9:30pm Cycle Studio	ON DEMAND 6:35pm-9:30pm Cycle Studio		