

CYCLING SCHEDULE

SCHEDULE EFFECTIVE THROUGH AUGUST 31

CYCLING SCHEDULE

FITNESS & CYCLING DIRECTOR: Thea Thompson
 EMAIL ADDRESS: thea@movementboulder.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30 - 7:15 AM GROUP CYCLING Mychele L.		6:30 - 7:15 AM GROUP CYCLING Gary G.		9:30 - 10:00 AM BLAST CARDIO Thea T.
			7:15 - 7:45 AM CORE ESSENTIALS Thea T.		10:05 - 10:35 AM BLAST STRENGTH Thea T.
				11:00 - 11:30 AM BLAST CARDIO Heath C.	10:35 - 10:50 AM BLAST ABS Thea T.
		11:00 AM - 12:00 PM GROUP CYCLE/ABS Andie B.		11:35 - 11:50 AM BLAST ABS Heath C.	
					Sunday
5:45 - 6:30 PM GROUP CYCLING Thea T.		5:30 - 6:15 PM GROUP CYCLING Alex A.			
6:35 - 6:50 PM BLAST ABS Thea T.					

GROUP FITNESS
 GROUP CYCLE

 CLASS OUTSIDE (weather permitting)

 BLAST CLASS!

*For additional high-intensity cardio classes, check out our **BLAST CLASSES!***

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