

CYCLING SCHEDULE

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------|------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------|
| 7:00 - 8:00 AM 20-20-20 (Cardio-Cycling-Strength) Andie B. | 6:30 - 7:30 AM GROUP CYCLING Mychele L. | | 6:30 - 7:30 AM GROUP CYCLING Jen L. | | 7:00 - 8:00 AM 20-20-20 (Cardio-Cycling-Strength) Andie B. |
| | 7:30 - 8:15 AM GROUP CYCLING Jen L. | | | | |
| | | | | 10:00 - 11:00 AM GROUP CYCLING Jen L. | |
| | 12:00 - 1:00 PM GROUP CYCLING Thea T. | 11:00 AM - 12:00 PM GROUP CYCLE/ABS Andie B. | 12:00 - 1:00 PM GROUP CYCLE/ABS Ernie P. | | Sunday |
| | | | | | 8:30 - 9:40 PM ADVANCED GROUP CYCLING Thea T. |
| 5:30 - 6:15 PM GROUP CYCLING Thea T. | | 5:30 - 6:15 PM GROUP CYCLING Alex A. | 5:30 - 6:15 PM GROUP CYCLING Michelle W. | | |
| 6:15 - 7:00 PM GROUP CYCLING Thea T. | | | | | |

 GROUP FITNESS  GROUP CYCLE