Group Ex Tip: Stay Hydrated!

Drink plenty of water before and after exercise. Be sure to bring your water bottle to class.

### JAN 16 - MAY 2 | Indoor Cycle Schedule

#### Monday
- **9:00-9:45 AM**
  - Cycle 45
  - Izzy | Cycle Studio
- **12:00-12:45 PM**
  - Cycle 45
  - Rhea | Cycle Studio
- **4:00-4:45 PM**
  - Cycle 45
  - Kiley | Cycle Studio
- **5:00-5:45 PM**
  - Cycle 45
  - Zoë | Cycle Studio
- **6:00-6:45 PM**
  - Cycle 45
  - Victoria | Cycle Studio
- **7:00-7:45 PM**
  - Cycle 45
  - Kiley | Cycle Studio

#### Tuesday
- **6:15-7:15 AM**
  - Cycle 60
  - Michele | Cycle Studio
- **8:00-8:45 AM**
  - Cycle 45
  - Erin | Cycle Studio
- **9:00-9:45 AM**
  - Cycle 45
  - Izzy | Cycle Studio
- **12:00-12:45 PM**
  - Cycle 45
  - Zoe | Cycle Studio
- **4:30-5:15 PM**
  - Cycle 45
  - Jeff | Cycle Studio
- **5:30-6:15 PM**
  - Cycle 45
  - Zoë | Cycle Studio
- **6:30-7:15 PM**
  - Cycle 45
  - Alexa | Cycle Studio

#### Wednesday
- **9:00-9:45 AM**
  - Cycle 45
  - Jo Anne | Cycle Studio
- **12:00-12:45 PM**
  - Cycle 45
  - Erin | Cycle Studio
- **4:00-4:45 PM**
  - Cycle 45
  - Lucy | Cycle Studio
- **5:00-5:45 PM**
  - Cycle 45
  - Gabby | Cycle Studio
- **6:00-6:45 PM**
  - Rpm
  - Ellie | Cycle Studio

#### Thursday
- **6:15-7:00 AM**
  - Cycle 45
  - Leigh | Cycle Studio
- **9:00-9:45 AM**
  - Cycle 45
  - Izzy | Cycle Studio
- **12:00-12:45 PM**
  - Cycle 45
  - Lily | Cycle Studio
- **4:30-5:15 PM**
  - Cycle 45
  - Victoria | Cycle Studio
- **5:30-6:15 PM**
  - Cycle 45
  - Gabby | Cycle Studio
- **6:30-7:15 PM**
  - Cycle 45
  - Lucy | Cycle Studio

#### Friday
- **6:15-7:00 AM**
  - Cycle 45
  - Leigh | Cycle Studio
- **12:00-12:45 PM**
  - Cycle 45
  - Erin | Cycle Studio
- **4:00-4:45 PM**
  - Cycle 45
  - Gabby | Cycle Studio
- **5:45-6:30 PM**
  - Cycle 45
  - Lucy | Cycle Studio

#### Saturday
- **9:00-10:00 AM**
  - Cycle 45/Rpm
  - Victoria/Tim | Cycle Studio

#### Sunday
- **12:00-12:45 PM**
  - Rave Ride
  - Kathe | Cycle Studio
- **4:30-5:15 PM**
  - Cycle 45
  - Grace | Cycle Studio
- **5:30-6:15 PM**
  - Cycle 45
  - Alexa | Cycle Studio
Cycle classes have a maximum of 16 riders. Register in advance on IMLeagues.com/tulane.

**CYCLE 45 & 60:** Elevate your heart rate and explore an expanded terrain using resistance, cadence, and power as your guide in 30, 45 or 60 minute rides.

**RAVE RIDE:** Pedal into the weekend with pop hits keeping the beat. Enjoy choreography that will invigorate and challenge.

**RPM™:** With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You can draw on the group’s energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It’s a journey, not a race!

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**BUILDING HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday-Thursday</td>
<td>6:00am-11:00pm</td>
</tr>
<tr>
<td>Friday</td>
<td>6:00am-8:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am-9:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00-11:00pm</td>
</tr>
</tbody>
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CLASS TIMES AND DATES ARE SUBJECT TO CHANGE. SCAN TO BE NOTIFIED OF CHANGES VIA EMAIL.

SCAN FOR THE DIGITAL VERSION OF THE SCHEDULE.

GROUP EX TIP: STAY HYDRATED!

DRINK PLENTY OF WATER BEFORE AND AFTER EXERCISE. BE SURE TO BRING YOUR WATER BOTTLE TO CLASS.