















# FINALS 5/4-5/9 INDOOR CYCLE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
 5:00-5:45 PM CYCLE 45 ZOE   CYCLE STUDIO	 6:15-7:15 AM CYCLE 60 MICHELE   CYCLE STUDIO	 6:15-7:00 AM CYCLE 45 LEIGH   CYCLE STUDIO	 6:15-7:00 AM CYCLE 45 JO ANNE   CYCLE STUDIO	 12:00-12:45 PM RAVE RIDE KATHE   CYCLE STUDIO
 6:00-6:45 PM CYCLE 45 KAETHE   CYCLE STUDIO	 4:30-5:15 PM CYCLE 45 JEFF   CYCLE STUDIO	 12:00-12:45 PM CYCLE 45 ZOË   CYCLE STUDIO	 12:00-12:45 PM CYCLE 45 ALEXA   CYCLE STUDIO	 6:30-7:15 PM CYCLE 45 ANNABEL   CYCLE STUDIO
	 5:30-6:15 PM CYCLE 45 ZOË   CYCLE STUDIO	 5:30-6:15 PM CYCLE 45 GABBY   CYCLE STUDIO	 6:00-6:45 PM RPM ELLIE   CYCLE STUDIO	
	 6:30-7:15 PM CYCLE 45 ALEXA   CYCLE STUDIO			

## GYM SHOES + SPD CLEATS

BEGINNING JANUARY 18TH 2024, THE BIKES WILL ACCOMODATE HARD SOLED GYM SHOES AND SPD CLEATS ONLY.

Cycle classes have a maximum of 16 riders. **Register in advance on [IMLeagues.com/tulane](https://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!

## BUILDING HOURS

Monday-Thursday	6:00am- 11:00pm
Friday	6:00am- 8:00pm
Saturday	8:00am-9:00pm
Sunday	8:00-11:00pm



**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.