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

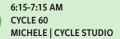
## MONDAY

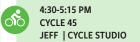
#### 5:00-5:45 PM CYCLE 45 **ZOE | CYCLE STUDIO**

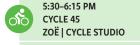


**KAETHE | CYCLE STUDIO** 

## **TUESDAY**

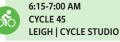


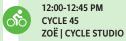




6:30-7:15 PM CYCLE 45 ALEXA | CYCLE STUDIO

## WEDNESDAY





5:30-6:15 PM CYCLE 45 **GABBY | CYCLE STUDIO** 

## **THURSDAY**

12:00-12:45 PM

CYCLE 45

RPM

6:00-6:45 PM

6:15-7:00 AM CYCLE 45 JO ANNE | CYCLE STUDIO

ALEXA | CYCLE STUDIO

**ELLIE | CYCLE STUDIO** 



12:00-12:45 PM RAVE RIDE KATHE | CYCLE STUDIO

SUNDAY



6:30-7:15 PM CYCLE 45 ANNABEL | 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.** 

**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.

RPMTM: 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.