

## August 2017 - Zenergy Indoor Cycling Studio Schedule

### **Monday**

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8:30-9:25am RPM Power Ride (India)

### **Tuesday**

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6:30-7:25am Suunto Heart Rate Training (Erin)  
8:30-9:25am Suunto HRT for Masters (Jen Hubbard)

### **Wednesday**

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8:30-9:25am RPM Power Ride (Ashley)  
11:30-12:00pm Power Lunch Ride! (Jon)

### **Thursday**

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6:30-7:25am Suunto Heart Rate Training (Julie)  
8:30-9:25am RPM Power Ride (Jen)

### **Friday**

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8:30-9:25am RPM Power Ride (Yvette)

### **Saturday**

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9:00-9:55am RPM Power Ride (Beth)

### **Sunday**

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8:30-9:25am Suunto Heart Rate Training (Jen)