

July 2017 - Zenergy Indoor Cycling Studio Schedule

Monday

8:30-9:25am RPM Power Ride (India)
5:30 - 6:30 (ish)pm Zenergy Cycle Club Outdoors / meet in lobby

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

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

Sunday

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