

## March 2017 - Zenergy Indoor Cycling Studio Schedule

### Monday

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8:30-9:25am RPM Power Ride (Joel)  
5:00-5:55pm RPM Power Ride (Georgie)

### Tuesday

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6:30-7:25am Suunto Heart Rate Training (Erin)  
8:30-9:25am Suunto Heart Rate Training (Brenda)  
5:30-6:15pm CycleJam (India)

### Wednesday

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

### Thursday

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6:30-7:25am Suunto Heart Rate Training (Julie)  
8:30-9:25am RPM Power Ride (Jen)  
5:30-6:15pm RPM Power Ride (Susan)

### Friday

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8:30 - 9:25am Rythmatic Meditation (Alex) March 3 & 10  
8:30-9:25am RPM Power Ride (Yvette) March 17, 24 & 31

### Saturday

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

### Sunday

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8:30-9:55am Suunto Heart Rate Training (Julie)