

MAY 2024

VIRTUAL CYCLING

VIRTUAL CLASS SCHEDULE



| sun | mon | tue | wed | thu | fri | sat |
|---|---|--|---|---|-------------------------------------|---|
| | 5:40 AM French Pyrenees 29 mins | 5:40am Famous French Vineyards 21 mins | | 5:40 AM Amsterdam - Along the Amstel River 25 mins | | |
| 9:00 AM Forest of the Netherlands I 24 mins | 9:00 AM LOW IMPACT RIDE 30 Mins | 9:00 AM Joshua Tree Park Trail 27 mins | 9:00 AM Power Ride 20 mins | 9:00 AM Beginner Ride 21 mins | 9:00 AM 30 Minute Ride #5 | 9:00 AM Rhythm Ride 17 mins |
| | | | 1:30 PM Montee de Bisanne 30 mins | | | 1:30 PM Passo Giau 28 mins |
| 3:30 PM Triple Climb (Heart Rate) 29 mins | | | | | | |
| | 5:30 PM Venice Beach Ocean Ride 27 mins | | | 5:30PM BURN BABY BURN - HIIT 26 mins | 5:30 PM Groove & Ride 21 mins | 5:30 PM Cycling Pro 1 - Las Vegas 27 mins |

FREE for Members: Please sign up for virtual classes at lundacommunitycenter.com!