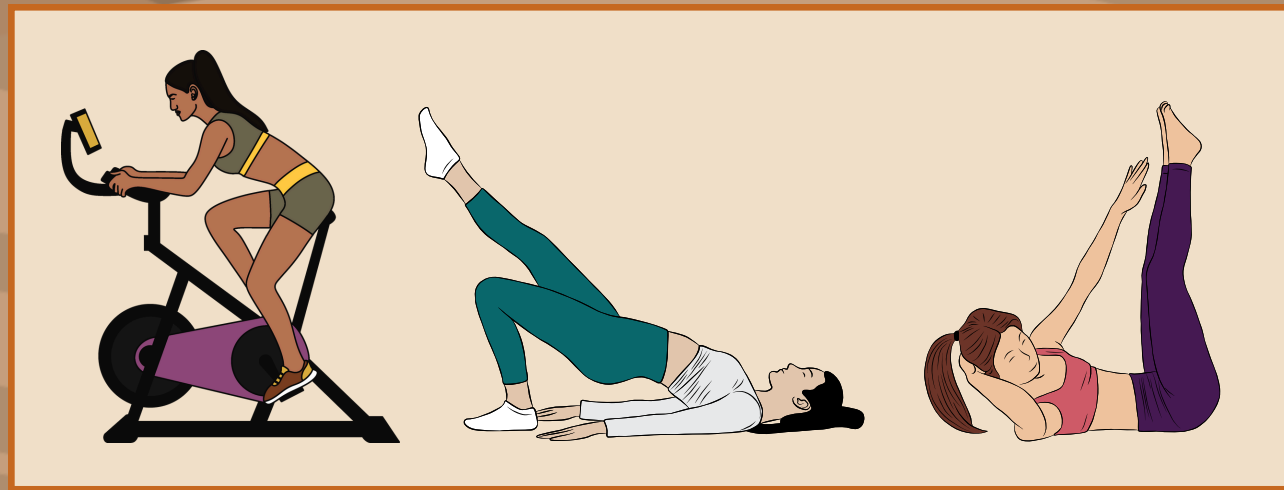


# September 2024

## ALL VIRTUAL CLASSES



sun	mon	tue	wed	thu	fri	sat
	5:40 AM French Pyrenees 29 mins - Cycle	5:40am Famous French Vineyards 21 mins - Cycle		5:40 AM Amsterdam - Along the Amstel River 25 mins - Cycle		
9:00 AM Forest of the Netherlands I 24 mins - Cycle	9:00 AM LOW IMPACT RIDE 30 Mins - Cycle	9:00 AM Joshua Tree Park Trail 27 mins - Cycle	9:00 AM Power Ride 20 mins - Cycle	9:00 AM Beginner Ride 21 mins - Cycle	9:00 AM 30 Minute Ride #5 Cycle	9:00 AM Rhythm Ride 17 mins - Cycle
10:00 AM Low Impact HIIT 25 mins	9:45AM Yoga Lower Body Stretch 25 mins	10:00AM Chair Based Core Workout 21 mins	9:45 AM Art of Tai Chi 25 mins	10:00AM Yoga Cardio Sculpt 20 mins	10:00 AM Move It! Jamaican Dance 26 mins	10:00AM 20 minute Pilates 101 Workout
3:30 PM Triple Climb (Heart Rate) 29 mins - Cycle		4:00PM HIIT for Kids 20 mins	1:30 PM Montee de Bisanne 30 mins - Cycle	4:00PM Move It! Kids Dance 26 mins		1:30 PM Passo Giau 28 mins - Cycle
	5:30 PM Venice Beach Ocean Ride 27 mins - Cycle		6:30PM Pilates Core & Stretch 30 mins	5:30PM BURN BABY BURN - HIIT 26 mins - Cycle	5:30 PM Groove & Ride 21 mins - Cycle	5:30 PM Cycling Pro 1 - Las Vegas 27 mins - Cycle

**FREE for Members!**