

# **REVOLUTION** **CYCLE**

***November 7-December 31***

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>530a</b>		REVride		REVride		Effective Nov 12 we will alternate Fusion/Cycle on Saturdays-Cycle members can go to Fusion on Sat
<b>8:30a</b>			REVride		REVride	Sat Cycle 8:30a Nov.19--Dec.3- Dec17-Dec 24
<b>12p</b>		REVride		REVride		
<b>530p</b>	REVride		REVride			

**REVtheme:** ride to a specific music genre, theme, or artist

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**REVMixed:** high-energy ride that integrates a mixed terrain of hills and flats

**REVpower:** pure power climbs

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**REVendurance:** 60, 75, or 90-minute steady-state ride perfect for building endurance

**REVmax:** high-intensity training bouts that fine-tune your anaerobic system

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**REVintervals ;** Alternating bouts of time & intensity as you ride

*All class types vary week to week! A weekly schedule is available in the studio on our social media platforms!*