



Cycling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 AM	CYCLING (60')		Cycling Interval (60')			Cycling Interval (55')	
11 AM					FREE CYCLING RIDE (60')	Cycling Interval (55')	
6 PM				HEE CYCLING (60')			
7 PM	FREE RIDE CYCLING (60')	Cycling Interval (60')	FREE CYCLING RIDE (55')				