



# CYCLE STUDIO SCHEDULE THE Y STUDIO AT WESTFIELD

Exercising three times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THUR	FRI	SAT
CHILD WATCH: 9:00-12:30pm & 4-7:30pm	CHILD WATCH: 9:00am-12:30pm & 4-7:30pm	CHILD WATCH: 9:00am-12:30pm & 4-7:30pm	CHILD WATCH: 9:00am-12:30pm & 4-7:30pm	CHILD WATCH: 9:00am-12:30pm	CHILD WATCH: 8am-12:00pm
5:30-6:30am <b>Les Mills RPM™</b> Kim G		5:30-6:30am <b>Les Mills RPM™</b> Clinton C		5:30-6:30am <b>Les Mills RPM™</b> Kim G	
7-8am <b>Les Mills RPM™</b> Virtual	7-7:30am <b>Les Mills Sprint™</b> Virtual	7-8am <b>Les Mills RPM™</b> Virtual	7-7:30am <b>Les Mills Sprint™</b> Virtual	7-8am <b>Les Mills RPM™</b> Virtual	
	9-10am <b>Les Mills RPM™</b> Virtual	9:00-9:45am <b>Beginner Cycle &amp; Tone</b> Michelle M	9-10am <b>Les Mills RPM™</b> Virtual		9:30—10:15 am <b>Cycle</b> Alissa
11:45am-12:30pm <b>Les Mills Sprint™</b> Virtual	11:45am-12:30am <b>Les Mills Sprint™</b> Virtual	11:45am-12:30pm <b>Les Mills Sprint™</b> Virtual	11:45am-12:30pm <b>Les Mills Sprint™</b> Virtual	11:45am-12:30am <b>Les Mills Sprint™</b> Virtual	11:45am-12:30pm <b>Les Mills Sprint™</b> Virtual
4-5pm <b>Les Mills RPM™</b> Virtual	4:15-4:45pm <b>Les Mills Sprint™</b> Virtual	4-5pm <b>Les Mills RPM™</b> Virtual	4:15-4:45pm <b>Les Mills Sprint™</b> Virtual		
5:30-6:30pm <b>Cycle &amp; Tone</b> Dirinda F	5:45-6:30pm <b>Les Mills RPM™</b> Ashley D	5:30-6:30pm <b>Cycle &amp; Tone</b> Dirinda F	5:45-6:30pm <b>Les Mills RPM™</b> Ashley D		
7-7:30pm <b>Les Mills Sprint™</b> Virtual	7-7:45pm <b>Les Mills RPM™</b> Virtual	7-7:30pm <b>Les Mills Sprint™</b> Virtual	7-7:45pm <b>Les Mills RPM™</b> Virtual		