



Cycling Studio Schedule

Effective 1/14/2020



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
5:30	Corsica, France 55 min (VC)	Cabo San Lucas, Mexico 30 min (VC)	Alligator Alley, Florida 45 min (VC)	Cabo San Lucas, Mexico 45 min (VC)	Cycle w/Tony 45 min (LC)		
7:00	Cycling 2 45 min (VC)	Cycling 2 45 min (VC)	Calanches de Piana 45 min (VC)	3-2-1 Go 34 min (VC)	Cycling Pro 2 Las Vegas 57 min (VC)		Colorado Mt. Evans 90 min (VC)
7:30						Cycle w/Tara/Wendy 60 min (LC)	
8:00	Climb Ride 18 min (VC)	Baden Wurttemberg 44 min (VC)	Canyon Lake, Arizona 25 min (VC)	Cabo San Lucas, Mexico 45 min (VC)	Revolution 29 54 min (VC)		
9:00						Acadia 66 min (VC)	
9:30	Cycle w/Amy 60 Min (LC)	Cycle Fusion w/Theresa 60 Min (LC)	3-2-1 Go 34 min (VC)	Cycle Fusion w/Theresa 60 Min (LC)	King of the Mountain 35 min (VC)		Cycling 3 60 min (VC)
10:15						California Mt. Baldy 102 min (VC)	
11:00	Cycling Basic 2 Malibu 56 min (VC)	Cycling Pro 1 Mojave Desert 28 min (VC)	Cycling Pro 2 L.A. 58 min (VC)	20 Min Indoor Cycle 2 (VC)	Cycling Pro 2 Detroit 55 min (VC)		Canyon Lake, Arizona 25min (VC)
Evening							
12:15	Cycling Beginner 45 min (VC)	Aspen 96 min (VC)	Alsace 47 min (VC)	Cabo San Lucas, Mexico 40 min (VC)			Amelia Island 66 min (VC)
2:00	All That Jazz 21 min (VC)	California Mt. Baldy 102 min (VC)	Cycling 3 60 min (VC)	Beartooth Pass 67 min (VC)	Amsterdam Along the Amstel River 24 min (VC)	Canyon Lake, Arizona 30 min (VC)	Blue Ridge 79 min (VC)
3:30	20 Min Indoor Cycle 3 (VC)		Acadia 66min (VC)	Calanches de Piana 45 min (VC)	Corsica 90 min (VC)	Aspen 96 min (VC)	
4:30	Cycle w/Katie 30 Min (LC)	Cycle w/ Jen S. 30 min (LC)					Alsace 47 min (VC)
5:00		Amsterdam Along the Amstel River 24 min (VC)		Big Sur Pacific 26 min (VC)		Club Hours: Mon-Fri: 5:00am-9:00pm Sat-Sun 6:00am-6:00pm Club Phone Number: 978-537-8387 Hours and classes subject to change during inclement weather Yellow Classes are live classes with an instructor. Participants must sign up. All others are virtual classes that will be displayed on the TVs in the Group Cycling Studio. ORCHARD HILLS ATHLETIC CLUB	
5:30	Cycle w/Audra/Wendy 30 Min (LC)		Cycle w/Tony 60 Min (LC)	Canyon Lake, Arizona 40 min (VC)	Belgian Ardennes 45 min (VC)		
6:00		Cycle w/ Tara 45 min (LC)					
6:30				Wine Country 76 min (VC)	Green Mtn Colorado 45 min (VC)		
7:00	Cycling Beginner 45 min (VC)	Cycling Intermediate 45 min (VC)	20 Min Indoor Cycle 3 (VC)				
8:00	Beautiful Glow 30 min (VC)			Beaver Creek, Colorado 30 Min (VC)			