

# VIRTUAL CINEMA **CYCLE & FITNESS** 25 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:25:00 <b>RPM 73 Express</b> Duration: 00:30:02	05:35:00 <b>RPM 74 Express</b> Duration: 00:29:58	05:25:00 <b>RPM 72 Express</b> Duration: 00:29:43	06:05:00 <b>RPM 74</b> Duration: 00:48:38	06:45:00 <b>Forest of The Netherlands II</b> Duration: 00:27:26	08:15:00 <b>Guided Mexico Tour</b> Duration: 00:59:42	08:15:00 <b>RPM 74</b> Duration: 00:48:38
06:05:00 <b>Baden Wurttemberg</b> Duration: 00:44:54	06:05:00 <b>RPM 73</b> Duration: 00:49:25	06:20:00 <b>Belgian Ardennes</b> Duration: 00:45:46	09:00:00 <b>Revolution 23 Express</b> Duration: 00:32:10	09:05:00 <b>Amsterdam - Along The Amstel River</b> Duration: 00:24:13	16:00:00 <b>RPM 72</b> Duration: 00:43:01	16:00:00 <b>RPM 73</b> Duration: 00:49:25
09:00:00 <b>French Pyrenees</b> Duration: 00:28:29	09:00:00 <b>Cycling Advanced</b> Duration: 00:29:32	08:55:00 <b>Naples, Florida</b> Duration: 00:44:52	16:30:00 <b>RPM 73 Express</b> Duration: 00:30:02	17:05:00 <b>Amsterdam - Along The Amstel River</b> Duration: 00:24:13		
17:00:00 <b>RPM 70 Express</b> Duration: 00:29:30	17:00:00 <b>Vermont (ENG)</b> Duration: 00:49:44	17:00:00 <b>Alligator Alley, Florida - Express Guided</b> Duration: 00:33:15	18:10:00 <b>Bonita Springs, Florida</b> Duration: 00:46:08			
17:45:00 <b>Tucson - Saguaro East (EN)</b> Duration: 00:51:55	18:10:00 <b>Vermont (ENG)</b> Duration: 00:49:44	17:45:00 <b>RPM 74 Express</b> Duration: 00:29:58				

WE HAVE SCHEDULED LESS CLASSES IN OUR GROUP FITNESS ROOM TO GIVE YOU MORE FLEXIBILITY TO COME IN AND DO A CLASS AT ANYTIME 24/7 ON DEMAND

PLEASE TURN OFF THE PROJECTOR AFTER USE, THE REMOTE IS ON TOP OF THE WEXER BOX SELECT FROM OVER 350 CLASSES - ENJOY!



If the screen is not turned on please see remote on stereo or see front desk • Please bring a towel and water bottle • Any classes outside unmanned hours will require a FOB • Please note: you can ask for extra classes at any time (Just inbox us via facebook)