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|--|--|---|--|--|---|--------|
|  5:15AM - 6:05AM Studio 1 |  5:15AM - 6:05AM Studio 1 |  5:15AM - 6:05AM Studio 1 |  5:15AM - 6:05AM Studio 1 |  5:15AM - 6:05AM Studio 1 | ONDEMAND ONDEMAND 7:00AM - 2:00PM Studio 1 1:00PM - 8:00PM Studio 1 | |
|  6:15AM - 6:45AM Studio 1 |  6:15AM - 6:45AM Studio 1 |  6:15AM - 6:45AM Studio 1 |  6:15AM - 6:45AM Studio 1 |  6:15AM - 6:45AM Studio 1 | ONDEMAND 2:00PM - 9:00PM Studio 1 | |
|  7:15AM - 8:05AM Studio 1 |  7:15AM - 8:05AM Studio 1 |  7:15AM - 8:05AM Studio 1 |  7:15AM - 8:05AM Studio 1 |  7:15AM - 8:05AM Studio 1 |  Virtual workouts combine world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that drives amazing results - and we have it at LiveWell for both Sprint and RPM Cycling programs. Scheduled classes start immediately so make sure you get to the studio in time to setup your bike. Unscheduled time slots are available for On Demand classes allowing you to choose a class and a start time. These are available on a first come first served basis as scheduled. | |
|  8:30AM - 9:00AM Studio 1 |  8:30AM - 9:00AM Studio 1 |  8:30AM - 9:00AM Studio 1 |  8:30AM - 9:00AM Studio 1 |  8:30AM - 9:00AM Studio 1 | | |
|  9:00AM - 9:30AM Studio 1 |  9:00AM - 9:30AM Studio 1 |  9:00AM - 9:30AM Studio 1 |  9:00AM - 9:30AM Studio 1 |  9:00AM - 9:30AM Studio 1 | | |
|  9:30AM - 10:00AM Studio 1 |  9:30AM - 10:00AM Studio 1 |  9:30AM - 10:00AM Studio 1 |  9:30AM - 10:00AM Studio 1 |  9:30AM - 10:00AM Studio 1 | | |
|  12:15PM - 12:45PM Studio 1 |  12:15PM - 12:45PM Studio 1 |  12:15PM - 12:45PM Studio 1 |  12:15PM - 12:45PM Studio 1 |  12:15PM - 12:45PM Studio 1 | | |
|  1:00PM - 1:50PM Studio 1 |  1:00PM - 1:50PM Studio 1 |  1:10PM - 1:40PM Studio 1 |  1:00PM - 1:50PM Studio 1 |  1:00PM - 1:50PM Studio 1 | | |
|  4:30PM - 5:00PM Studio 1 |  4:30PM - 5:00PM Studio 1 |  4:30PM - 5:00PM Studio 1 |  4:30PM - 5:00PM Studio 1 |  4:30PM - 5:00PM Studio 1 | | |
|  5:30PM - 6:00PM Studio 1 |  5:30PM - 6:00PM Studio 1 |  5:30PM - 6:00PM Studio 1 |  5:30PM - 6:00PM Studio 1 |  5:30PM - 6:00PM Studio 1 | | |
|  6:30PM - 7:00PM Studio 1 |  6:30PM - 7:20PM Studio 1 |  6:30PM - 7:00PM Studio 1 |  6:30PM - 7:20PM Studio 1 |  6:30PM - 7:00PM Studio 1 | | |
|  7:30PM - 8:00PM Studio 1 |  7:30PM - 8:00PM Studio 1 |  7:30PM - 8:00PM Studio 1 |  7:30PM - 8:00PM Studio 1 |  7:30PM - 8:00PM Studio 1 | | |



Cardio peak training done on a stationary bike. Participants will experience moderate to high intensity levels of effort, with active recoveries throughout. During RPM®, each effort blends into the next and participants are encouraged to find their own place in the pack as they ride over different types of terrain.



Uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training. The idea is to use the recovery periods so you can work at maximum effort during each training block. It will motivate and challenge participants' physical and mental limits, with the payoff of smashing fitness goals and burning calories for hours after each workout.