


ORCHARD HILLS

ATHLETIC CLUB

GROUP CYLING SCHEDULE EFFECTIVE 10/3/2020 - ALL CLASSES ARE VIRTUAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MORNING						
5:30	Corsica, France 45 min	Cabo San Lucas, Mexico 30 min	Alligator Alley, Florida 45 min	Cabo San Lucas, Mexico 45 min	Col'd Aspin 46min		
7:00	Cycling 2 45 min	Cycling 2 45 min	Calanches de Piana 45 min	Calanches De Piana 45 min	Valley of the Munster 34 min		Colorado Mt.Evans 90 min
8:00	Climb Ride 18 min	All that Jazz 21 min	Canyon Lake Arizona 25 min	Cabo San Lucas, Mexico 45 min	Revolution 29 55min		
9:30	Cycling Pro 1 Mojave Desert 28 min	Cycling Basic 2 Bronx 55min	Valley of the Munster 34 min	Cycling Basic 2 Malibu 56 min	Ride Beat #1 30 min		Cycling 3 60 min
11:00	Cycling Basic 2 Malibu 56 min	Discesa 28 min	Cycling Pro 2 L.A. 58 min	20 Min Indoor Cycle 2	Cycling 3 45 min	California Mt. Baldy 102 min	Canyon Lake, Arizona 25min
	EVENING						
2:00	All That Jazz 21 min	Cali Mt. Baldy 102 min	Cycling 3 60 min	Beartooth Pass 67 min	Miami Cycling 2 24 min	Canyon Lake, Arizona 30 min	Blue Ridge 79 min
3:30	20 Min Indoor Cycle 3		Acadia 66min	Calanches de Piana 45 min	Corsica 90 min	Aspen 96 min	
4:30							Aslace 45 min
5:00		Miami Cycling 30 min		Big Sur 26 min		Club Hours: Monday-Friday 5:00am-8:00pm Saturday-Sunday 8:00am-6:00pm  Together we are strong!	
5:30	Aspen 90min	30 Minute Beat Ride	Acadia 66min	Canyon Lake, Arizona 30 min	Belgian Ardennes 45 min		
6:30				Wine Country 76 min	Green Mtn Colorado 45 min		
7:00	Cycling Beginner 45 min	Cycling Intermediate 45 min	Beautiful Glow 30 min	Cycling Beginner 30min			
8:00	Beautiful Glow 30 min			Beaver Creek, Co 30 Min			