



















PARK ROYAL - GROUP CYCLING - WINTER 2019

January 2nd, 2019 - March 31st, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	Shred Express Cory - 45min 				Shred Express Cory - 45min 		
9:30AM		Shred Express Lauren - 45min 		Shred Express Lauren - 45min 		Drills + Hills Lauren - 55min  	Drills + Hills Cory - 55min  
12:00PM	Drills + Hills Clndy - 55min  						
5:00PM		Shred Express Mona - 45min 	Drills + Hills Jo - 55min  				
6:15PM	Cycle Beats *NEW* - Fawn - 60min 			Drills + Hills *NEW* - Mallory - 60min  	Cycle Beats *NEW* Mallory - 55min 		
7:15PM		Cycle Beats *NEW* Mona - 60min 					

*Please note schedule may be subject to change without notice.

Legend

Strength



Cardio



Cycle



Aqua



Yoga & Stretch



Ticket required for this class. Tickets are available at front desk 30min prior to class start time. Hold onto your ticket until the class instructor collects it.

PARK ROYAL CLASS DESCRIPTIONS

Included Classes

Drills + Hills

A drill based Group Cycling class focusing on intensity and power output. Perfect for the experienced rider looking to improve their speed and endurance.

Shred Express

An intense interval cycling experience for those wanting a serious no-nonsense sweat. Spin, push, pedal, climb, recover, repeat! Finish with 10min of easy riding and a soothing stretch to round out the class.

Cycle Beats

Lose yourself to the beat in this challenging, music-driven cycling class. All tracks are designed to help you burn calories, sweat, and have fun while cycling to the beat of a variety of musical styles. This is a multi-level class.
