



TAC CYCLING SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		CYCLING OLIVIA~60 MINUTES		CYCLING OLIVIA~60 MINUTES		
6:00AM	CYCLING BRAD~45 MINUTES		CYCLING BRAD~45 MINUTES		CYCLING BRAD~45 MINUTES	
7:30AM						CYCLING OLIVIA~60 MINUTES
8:30AM		CYCLING KYLE~45 MINUTES		CYCLING KYLE~45 MINUTES		
8:45AM	CYCLING JENNY~45 MINUTES		CYCLE CORE KELLY~60 MINUTES		CYCLING JENNY~45 MINUTES	
9:15AM						CYCLING 45 MINUTES
9:30AM		CYCLING OLIVIA~60 MINUTES		CYCLING OLIVIA~60 MINUTES		
5:00PM	CYCLING STEVE~30 MINUTES		CYCLING STEVE~30 MINUTES			
6:00PM		CYCLE CORE 60 MINUTES		CYCLE CORE 60 MINUTES		

- TAC cycling classes are one of the best places to expand your fitness horizons.
- Go at your own pace or push yourself to new levels.
- Classes are suitable for all fitness levels since you control your resistance and speed.
- You will feel supported and encouraged with each stroke of the pedal!