













INDOOR CYCLING SCHEDULE

2330 Yale Road Lawrence, KS 66049 785.749.2424

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|---|--|---|
| | 5:30-6:00 am  CO - ED Shannon | | 5:30-6:30 am  CO - ED Shannon | | | |
| | 9:00-9:30am  CO - ED Shannon | | 9:00-9:30am  CO - ED Kristi | | | |
| | | 9:30-10:00am  CO - ED Kody | | | 9:15-10:15 am  CO - ED Stephanie | |
| 10:30-11:30 am  CO - ED Shannon | | | | 10:30-11:30 am  CO - ED Kristi | | 10:30-11:30 am  CO - ED Rasha |
| | | | | | | |
| 5:45-6:45 pm  CO - ED Rasha | | 5:45-6:45 pm  CO - ED Rasha | 5:00-5:30 pm  CO - ED Stephanie | | | |
| | | | | | | |

Cycling Membership or Cycle Package required for cycle classes. Ticket from kiosk must be presented to instructor.

On-line class reservations: Online reservations open seven days in advance. To make a reservation go to our new Body Boutique App.

PLEASE NOTE: If you make an online reservation you must confirm your reservation by scanning your key tag on the group fitness kiosk **at least 10 minutes prior to class start time** or your reservation can be cancelled. 785-749-2424 2330 Yale Rd Lawrence, KS 66049



LesMILLS
RPM



LesMILLS
sprint

NEW TO
BODYBOUTIQUE!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|---|
| VIRTUAL RPM 5:15AM - 5:45AM Studio 1 | VIRTUAL RPM 6:30AM - 7:00AM Studio 1 | VIRTUAL SPRINT 5:15AM - 5:45AM Studio 1 | VIRTUAL RPM 7:15AM - 8:05AM Studio 1 | VIRTUAL RPM 5:15AM - 5:45AM Studio 1 | VIRTUAL RPM 8:30AM - 9:00AM Studio 1 | VIRTUAL RPM 8:30AM - 9:20AM Studio 1 |
| VIRTUAL SPRINT 6:00AM - 6:30AM Studio 1 | VIRTUAL RPM 7:15AM - 8:05AM Studio 1 | VIRTUAL RPM 6:00AM - 6:30AM Studio 1 | VIRTUAL RPM 10:00AM - 10:50AM Studio 1 | VIRTUAL SPRINT 6:00AM - 6:30AM Studio 1 | VIRTUAL RPM 11:00AM - 11:50AM Studio 1 | VIRTUAL RPM 12:00PM - 12:50PM Studio 1 |
| VIRTUAL RPM 6:45AM - 7:15AM Studio 1 | VIRTUAL RPM 10:00AM - 10:50AM Studio 1 | VIRTUAL RPM 6:45AM - 7:15AM Studio 1 | VIRTUAL RPM 11:00AM - 11:50AM Studio 1 | VIRTUAL RPM 6:45AM - 7:15AM Studio 1 | VIRTUAL RPM 12:00PM - 12:50PM Studio 1 | VIRTUAL RPM 1:00PM - 1:50PM Studio 1 |
| VIRTUAL RPM 7:30AM - 8:20AM Studio 1 | VIRTUAL RPM 11:00AM - 11:50AM Studio 1 | VIRTUAL RPM 7:30AM - 8:20AM Studio 1 | VIRTUAL RPM 1:00PM - 1:30PM Studio 1 | VIRTUAL RPM 7:30AM - 8:20AM Studio 1 | VIRTUAL RPM 1:00PM - 1:50PM Studio 1 | VIRTUAL RPM 2:00PM - 2:30PM Studio 1 |
| VIRTUAL SPRINT 8:30AM - 9:00AM Studio 1 | VIRTUAL SPRINT 12:00PM - 12:30PM Studio 1 | VIRTUAL RPM 11:00AM - 11:50AM Studio 1 | VIRTUAL RPM 1:45PM - 2:35PM Studio 1 | VIRTUAL SPRINT 8:30AM - 9:00AM Studio 1 | VIRTUAL SPRINT 2:00PM - 2:30PM Studio 1 | VIRTUAL RPM 3:00PM - 3:30PM Studio 1 |
| VIRTUAL RPM 12:00PM - 12:50PM Studio 1 | VIRTUAL RPM 12:45PM - 1:35PM Studio 1 | VIRTUAL RPM 12:00PM - 12:50PM Studio 1 | VIRTUAL SPRINT 2:45PM - 3:15PM Studio 1 | VIRTUAL RPM 12:00PM - 12:50PM Studio 1 | VIRTUAL RPM 3:00PM - 3:30PM Studio 1 | VIRTUAL RPM 3:45PM - 4:35PM Studio 1 |
| VIRTUAL SPRINT 1:00PM - 1:30PM Studio 1 | VIRTUAL RPM 1:45PM - 2:35PM Studio 1 | VIRTUAL SPRINT 1:00PM - 1:30PM Studio 1 | VIRTUAL RPM 3:30PM - 4:20PM Studio 1 | VIRTUAL SPRINT 1:00PM - 1:30PM Studio 1 | VIRTUAL RPM 3:45PM - 4:35PM Studio 1 | VIRTUAL RPM 4:45PM - 5:35PM Studio 1 |
| VIRTUAL RPM 1:45PM - 2:35PM Studio 1 | VIRTUAL SPRINT 2:45PM - 3:15PM Studio 1 | VIRTUAL RPM 1:45PM - 2:35PM Studio 1 | VIRTUAL RPM 4:30PM - 5:20PM Studio 1 | VIRTUAL RPM 1:45PM - 2:35PM Studio 1 | VIRTUAL RPM 4:45PM - 5:35PM Studio 1 | |
| VIRTUAL RPM 2:45PM - 3:15PM Studio 1 | VIRTUAL RPM 3:30PM - 4:20PM Studio 1 | VIRTUAL RPM 2:45PM - 3:15PM Studio 1 | VIRTUAL RPM 7:00PM - 7:50PM Studio 1 | VIRTUAL RPM 2:45PM - 3:15PM Studio 1 | | |
| VIRTUAL SPRINT 3:30PM - 4:00PM Studio 1 | VIRTUAL RPM 4:30PM - 5:20PM Studio 1 | VIRTUAL SPRINT 3:30PM - 4:00PM Studio 1 | VIRTUAL RPM 8:00PM - 8:50PM Studio 1 | VIRTUAL SPRINT 3:30PM - 4:00PM Studio 1 | | |
| VIRTUAL RPM 4:15PM - 5:05PM Studio 1 | VIRTUAL RPM 5:45PM - 6:35PM Studio 1 | VIRTUAL RPM 4:15PM - 5:05PM Studio 1 | VIRTUAL SPRINT 9:00PM - 9:30PM Studio 1 | VIRTUAL RPM 4:15PM - 5:05PM Studio 1 | | |
| VIRTUAL RPM 7:00PM - 7:50PM Studio 1 | VIRTUAL RPM 7:00PM - 7:50PM Studio 1 | VIRTUAL RPM 7:00PM - 7:50PM Studio 1 | | VIRTUAL SPRINT 5:30PM - 6:00PM Studio 1 | | |
| VIRTUAL RPM 8:00PM - 8:50PM Studio 1 | VIRTUAL RPM 8:00PM - 8:50PM Studio 1 | VIRTUAL RPM 8:00PM - 8:50PM Studio 1 | | VIRTUAL RPM 6:15PM - 6:45PM Studio 1 | | |
| VIRTUAL RPM 9:00PM - 9:30PM Studio 1 | VIRTUAL SPRINT 9:00PM - 9:30PM Studio 1 | VIRTUAL RPM 9:00PM - 9:30PM Studio 1 | | VIRTUAL RPM 7:00PM - 7:30PM Studio 1 | | |

Busy schedule and can't make one of our instructor led RPM classes? No problem! With our new Virtual RPM we have more classes than ever to fit everyone's schedule! Join world renowned pre-recorded Les Mills instructors as they lead you through exciting rides!