VIRTUAL Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Sh'Bam	6:45am Combat	6:45am Pump	6:45am Flow	6:45am Sh'Bam	11:00am Flow	10:30am Pump
6:45am Flow	12:00pm Pump	1:15pm Sh'Bam	7:45am CX Worx	10:45am Pump	12:00pm Sh'Bam	11:30am Combat
12:15pm Flow	1:00pm Combat	2:15pm Combat	11:45am Pump	12:00pm Combat	1:00pm Pump	4:15pm CX Worx
1:15pm Pump	2:00pm Pump	3:15pm Pump	1:00pm Flow	1:00pm CX Worx	2:00pm Combat	4:45pm Pump
2:315m Sh'Bam	3:00pm Flow	7:15pm Flow	2:00pm CX Worx	1:30pm Flow	3:00pm Flow	
3:30pm CX Worx	4:00pm CX Worx	8:30pm Combat	2:30pm Pump	2:30pm Combat	4:00pm Pump	
7:45pm Sh'Bam	8:15pm Pump		3:30pm Combat	3:30pm Pump	5:00pm Sh'Bam	
8:45pm CX Worx			7:15pm Pump		6:00pm CX Worx	
			8:30pm Sh'Bam		6:30pm Pump	

On the last Thursday of every month, there will be NO classes from 7:45am to 2:30pm.

Revised 9/6/16

DAC
DESOTO ATHLETIC CLUB

3146 Goodman Road, Southaven, MS 38672
662.349.0403 www.daclife.com
For questions, contact Group Fitness Director
Amy Johndrow at: ajohndrow@daclife.com

Cycling VIRTUAL

Monday
- 6:45am RPM
- 8:00am RPM
- 10:15am RPM
- 11:30am Ireland
- 12:45pm RPM
- 2:00pm RPM
- 3:15pm Roadee Ride 2
- 4:15pm RPM
- 7:00pm RPM
- 8:15pm RPM

Tuesday
- 6:45am Roadee Ride 1
- 10:00am RPM
- 11:15am Roadee Ride 1
- 12:30pm RPM
- 1:45pm Roadee Ride 2
- 3:00pm RPM
- 6:00pm RPM
- 7:00pm Ireland
- 8:30pm RPM

Wednesday
- 5:30am RPM
- 6:45am RPM
- 8:00am RPM
- 10:30am Ireland
- 11:45pm RPM
- 1:00pm RPM
- 2:15pm Roadee Ride 1
- 3:30pm RPM
- 4:45pm RPM
- 6:00pm Ireland
- 7:15pm RPM
- 8:30pm RPM

Thursday
- 6:45am Roadee Ride 2
- 10:00am RPM
- 11:15am Ireland
- 12:30pm RPM
- 1:45pm RPM
- 3:00pm RPM
- 4:15pm RPM

Friday
- 5:30am RPM
- 6:45am RPM
- 9:45am Ireland
- 11:00am RPM
- 12:15pm Roadee Ride 2
- 1:30pm RPM
- 2:45pm RPM
- 4:00pm Roadee Ride 1
- 5:15pm RPM
- 6:30pm RPM

Saturday
- 10:00am RPM
- 11:15am RPM
- 12:30pm RPM
- 1:45pm Ireland
- 3:00pm RPM
- 4:15pm RPM
- 5:30pm RPM
- 6:45pm Roadee Ride 1

Sunday
- 10:30am RPM
- 11:45am RPM
- 1:00pm Roadee Ride 2
- 2:15pm RPM
- 3:30pm RPM
- 4:45pm Ireland

Revised 8/1/16

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Cycling VIRTUAL

CLASS DESCRIPTIONS:

Ireland: 52 min. Road Ride
Roadee Ride 1: 44 min. Road Ride
Roadee Ride 2: 53 min. Road Ride
RPM: 45 min. Incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM

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