

VIVAFit

RIDE

MONDAY	7:30 AM	ENDURANCE
TUESDAY	6:30 PM	IGNITE
WEDNESDAY	7:30 AM	IGNITE
THURSDAY	6:30 PM	ENDURANCE
FRIDAY	6:30 AM	ENDURANCE
	9:30 AM	ODYSSEY
SATURDAY	9:00 AM	IGNITE