

P.A FITNESS

VIRTUAL CYCLE CLASSES NORTH

July 25, 2017

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM		Southern Missouri		Alligator Alley			
8:30AM					Puerto Rico		
9:30AM		Colorado Hills	Scotland				Bonita Springs Florida
12PM	Dayton		Puerto Rico		Lake Arizona		
5:30PM		Arizona		Florida			
6:00PM	Colorado Hills		Levon Scotland		Puerto Rico		

53 min ride	Leven Scotland						
30 min ride	Alligator Alley						
54 min ride	Colorado Hills/ Southern Missouri						
40 min ride	Canyon Lake Arizona						
33 min ride	Puerto Rico						
58 min ride	Sufferfest Nine Hammers						
56 min ride	Bonita Springs Florida						
22 min ride	Dayton						