

SCHEMA VIRTUELL CYKEL

	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
06	06:00 - 06:59 Revolution Vol. 9	06:00 - 06:52 Guided Ireland Road	06:00 - 06:45 Cycling Intermediate	06:00 - 06:20 Famous French Famous Vineyard 06:30 - 06:51 Through the Forest I	06:00 - 06:28 French Pyrenees 06:30 - 06:50 Spanish National Park Climb	06:00 - 07:00 Bike 201 Live (For Live Class)	06:00 - 07:00 Flint Hills, Kansas
07	07:00 - 07:39 RPM™ 60 EXPRESS	07:00 - 07:32 RPM™ Beginner	07:00 - 07:46 RPM 67	07:00 - 07:30 Cycling 2	07:00 - 07:49 RPM™ 73	07:00 - 07:45 Cycling 1	07:00 - 07:45 Cycling I (SE)
08	07:45 - 08:29 Loch Ness, Scotland	07:35 - 08:05 Cycling 2	07:50 - 08:40 Vermont	07:30 - 08:00 RPM™ 69 Express	08:00 - 09:00 Cycling II (SE)	07:50 - 08:20 RPM™ 66 EXPRESS	07:50 - 08:20 Cycling 2
09	08:35 - 09:19 RPM™ 69	08:45 - 09:52 Acadia	08:45 - 09:15 RPM™ 68 EXPRESS	08:05 - 08:50 Cycling I (SE)	08:55 - 10:02 Beartooth Pass	08:25 - 08:55 RPM™ 70 Express	08:25 - 08:58 Alligator Alley, Florida - Express
10	09:25 - 10:10 Cycling Intermediate	09:20 - 10:16 Top of the Rockies, CO - Guided	09:20 - 10:16 Top of the Rockies, CO - Guided	09:05 - 10:05 Flint Hills, Kansas	09:05 - 10:05 Flint Hills, Kansas	09:00 - 09:30 Cycling Advanced	09:00 - 09:45 RPM™ 70
11	10:15 - 10:48 Alligator Alley, Florida - Express	10:00 - 10:45 Cycling 2	10:20 - 11:05 Cycling Beginner	10:03 - 10:47 Cycling 1	10:10 - 10:46 RPM™ SE02	09:35 - 10:23 Black Forest	09:50 - 10:19 Lake District, England
12	10:50 - 11:24 Orocovis, Puerto Rico - Express	10:55 - 11:51 Kiedler Forest, England - Guide	10:55 - 11:51 Kiedler Forest, England - Guide	10:50 - 11:17 Forest of The Netherlands II 11:20 - 11:53 REVOLUTION 30 - Vol. 20	10:50 - 11:57 South Africa Commander (EN)	10:25 - 11:24 Revolution Vol. 9	10:25 - 10:39 Cycling 1
13	11:25 - 11:55 Cycling 2	12:00 - 12:49 RPM™ 68	11:10 - 11:55 Cycling 2	12:00 - 12:35 RPM™ SE03	12:00 - 12:43 RPM™ 71	11:30 - 12:00 Canyon Lake, Arizona - Express	11:00 - 11:45 Cycling 3
14	12:00 - 12:49 RPM™ 68	12:00 - 12:43 RPM™ 72	12:00 - 12:47 RPM™ 66	12:40 - 13:12 RPM™ Beginner	12:50 - 14:06 Tucson - Mt. Lemmon	12:00 - 12:35 RPM™ SE01	12:00 - 13:01 Guided South Africa Road
15	12:55 - 13:55 Cycling II (SE)	12:50 - 13:35 Cycling 3	12:50 - 13:17 Forest of The Netherlands II	13:20 - 13:50 North Berwick, Scotland - Express	14:10 - 14:49 RPM™ 60 EXPRESS	12:40 - 14:17 Aspen	13:05 - 13:54 RPM™ 68
16	14:00 - 14:30 Cycling 3	13:40 - 14:10 Cycling Beginner	13:25 - 14:32 Acadia	13:55 - 15:12 Wine Country	14:55 - 15:38 RPM™ 72	14:25 - 15:01 RPM™ SE02	14:00 - 14:56 Top of the Rockies, CO - Guided
17	14:40 - 15:23 RPM™ 71	14:20 - 15:17 Guided Weston, MO	14:40 - 15:24 Cycling 1	15:15 - 16:11 Revolution 23	15:45 - 16:14 Kiedler Forest, England - Express	15:05 - 16:05 Cycling 2 (2013)	15:00 - 15:44 RPM™ 69
18	15:25 - 16:10 Cycling Intermediate	15:20 - 15:50 Cycling 2	15:30 - 16:45 Cycling 3	16:15 - 16:59 RPM™ 69	16:20 - 16:42 Italian Dolomites I	16:10 - 17:10 Cycling 3	15:50 - 16:50 Flint Hills, Kansas
19	16:15 - 17:00 Cycling I (SE)	15:55 - 16:52 Bonita Springs, Florida - Guided	17:00 - 17:49 RPM™ 68	17:00 - 17:30 Cycling 2	17:00 - 17:44 Cycling 1	17:15 - 18:01 San Jose Del Cabo, Mexico	16:55 - 17:56 Cycling 3 (2013)
20	17:00 - 17:47 RPM™ 66	17:00 - 17:49 RPM™ 73	17:00 - 17:49 RPM™ 68	17:35 - 18:35 Cycling 3	17:50 - 18:36 RPM 67	18:05 - 19:03 REVOLUTION Vol. 20	18:00 - 18:22 Amsterdam, Vondelpark
21	17:55 - 18:36 San Jose Del Cabo, Mexico - Guided	17:55 - 18:40 Cycling Intermediate	17:55 - 18:19 Amsterdam - Along The Amstel River	18:40 - 19:46 Red Wing	18:40 - 20:19 Great Western Loop SD	18:30 - 19:46 Tucson - Mt. Lemmon	18:30 - 19:46 Tucson - Mt. Lemmon
22	18:40 - 19:09 RPM 67 EXPRESS	18:45 - 20:06 Bike 301 Live (For Live Class)	18:25 - 19:23 Guided Guadeloupe Island, Caribbean	19:30 - 20:19 RPM™ 73	19:05 - 20:22 South Africa Live	19:50 - 20:35 RPM™ 70	19:50 - 20:35 RPM™ 70
23	19:15 - 20:08 Tour of Ireland	19:30 - 20:19 RPM™ 73	19:30 - 20:19 RPM™ 73	19:50 - 20:50 Flint Hills, Kansas	20:25 - 21:10 Cycling 3	20:25 - 20:57 RPM™ Beginner	20:40 - 21:00 Lavender Fields - Provence, France
24	20:15 - 21:52 Aspen	20:10 - 20:57 RPM™ 66	20:25 - 21:25 Cycling Advanced	20:55 - 21:25 RPM™ 70 Express	21:15 - 22:00 Baden Wurttemberg	21:02 - 22:02 Cycling II (SE)	21:10 - 21:45 RPM™ SE01
25	21:05 - 21:50 Cycling Advanced	21:05 - 21:50 Cycling Advanced	21:30 - 21:59 RPM 67 EXPRESS	21:30 - 22:00 RPM™ 66 EXPRESS	22:00 - 22:30 RPM™ 68 EXPRESS	21:50 - 23:00 Ireland Commander (EN)	21:50 - 23:00 Ireland Commander (EN)
26	22:00 - 23:00 Cycling 2	21:53 - 22:26 Patterdale, England - Guided	22:00 - 23:00 Bike 201 Live (For Live Class)	22:00 - 23:00 Cabo San Lucas, Mexico	22:30 - 23:00 RPM™ 69 Express	22:05 - 22:57 Guided Ireland Road	
27	22:30 - 22:49 Through The Forest II	22:30 - 22:49 Through The Forest II					

PASSBESKRIVNING



Avancerad



Medel



För alla

RPM är en förkoreograferad klass från LesMills

