

# Fall 2019 Indoor Cycling Schedule

September 3<sup>rd</sup> - December 21<sup>st</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Cycle Xpress</b>  6:15am to 7:00am  Doug		<b>Cycle Xpress</b>  6:15am to 7:00am  Doug		<b>Cycle Fit</b>  8:30am to 9:30am  Mike / Mary
<b>Cycle Core</b>  9:30am to 10:30am  Toni	<b>Cycle Fit</b>  9:15am to 10:15am  Mike	<b>Cycle Core</b>  9:30am to 10:30am  Toni	<b>Cycle Xpress</b>  9:15am to 10:00am  Rocio	<b>Cycle Xpress</b>  9:15am to 10:00am  Toni	<b>*See Note Below*</b>
<b>Cycle Xpress</b>  6:30pm to 7:15pm  Mary					

**\*The first two weeks of every month Mike teaches a 1 hr Cycle Fit and the last two weeks of each month Mary teaches a 45 min Cycle Xpress.**

Schedule is subject to change. Please call us or visit [vancouverparks.ca](http://vancouverparks.ca) to confirm.

Indoor Cycling Admission Fees (Prices do not include GST)	Single	10 Tickets - for use at Champlain, Creekside, Dunbar, Hillcrest, Trout Lake
Adult	\$6.10	\$49.60

