

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	7:00AM	
7:05AM	7:05AM	7:05AM	7:05AM	7:05AM	8:15AM	8:00AM
9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	9:30AM
6:30PM	6:30PM	6:30PM	6:30PM			

ANTHEM RIDE

A 45 min full body rhythm ride workout with varied terrain and choreography.

ANTHEM 60

For those who want to ride longer and challenge themselves a bit more.

ANTHEM POWER

Our 45 min strength format. Big hills, high resistance, and heavier weights.

ANTHEM FOUNDATIONS

A 45 min full body workout that allows you to build your skills and work on the foundations of rhythm ride.



ANTHEMCYCLE