

studio C schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|---------------------------|-----------------------|---------------------------|-----------------------|--------------------------|--------------------|-----------------|
| 5:15 a.m. | Freestyle Nancy | | GROUP RIDE™ Nicole D | | GROUP RIDE™ Nicole D. | | |
| 7:30 a.m. | Express David | R30 David | Express David | R30 David | Express David | | |
| 8:00 a.m. | | | | | | GROUP RIDE Matt | |
| 8:15 a.m. | R30 Deborah | Express Nancy | R30 Melissa | Express Nancy | R30 Melissa | | |
| 10:00 a.m. | | | | | | R30 Sandra | |
| 10:15 a.m. | R30 Matt | | R30 Matt | | | | |
| 10:30 a.m. | | | | | | | R30 Rachelle |
| 11:15 a.m. | | R30 Kama | | R30 Kama | R30 Melissa | | |
| 3:30 p.m. | GROUP RIDE™ Kate | | GROUP RIDE™ Kate | | | | |
| 5:00 p.m. | | R30 Deborah | | R30 Deborah | R30 Deborah | | |
| 5:30 p.m. | | GROUP RIDE Matt R. | | GROUP RIDE Matt R. | | | |
| 6:00 p.m. | Performance Ride Nancy | | Performance Ride Nancy | | | | |