

JANUARY 2018

RWJ CYCLE ENERGY ZONES

E = Endurance
65-80% HR
80-110 RPM

S = Strength
75-85 % HR
60-80 RPM

I = Interval
65-92% HR
60-110 RPM

*B = Beginner

**NEW TIME
THUR 7AM
Cycle**

**New!
Fri 7:20AM
Cycle**

Happy New Year!
JAN 1 - EARLY CLOSING: 7am-1pm

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	<p>NEW YEAR'S DAY</p> <p>9:00am - I</p> <p>EARLY CLOSING 7am-1pm</p>	<p>7:00am - S</p> <p>9:30am - E</p> <p>5:30pm - I</p>	<p>5:45am - E</p> <p>7:30am - I</p> <p>9:30am - S</p> <p>4:30pm - E</p> <p>6:00pm - S</p>	<p>7:00am - E</p> <p>9:30am - I</p> <p>5:45pm - S</p>	<p>5:45am - I</p> <p>7:20am - S</p> <p>9:30am - E</p> <p>5:30pm - E</p>	<p>7:30am - E</p> <p>9:00am - S</p>
7	8	9	10	11	12	13
8:30am - E	<p>5:45am - E</p> <p>7:30am - I</p> <p>9:30am - S</p> <p>6:00pm - E</p>	<p>7:00am - E</p> <p>9:30am - I</p> <p>5:30pm - S</p>	<p>5:45am - I</p> <p>7:30am - S</p> <p>9:30am - E</p> <p>4:30pm - S</p> <p>6:00pm - I</p>	<p>7:00am - I</p> <p>9:30am - S</p> <p>5:45pm - E</p>	<p>5:45am - S</p> <p>7:20am - E</p> <p>9:30am - I</p> <p>5:30pm - I</p>	<p>7:30am - I</p> <p>9:00am - I</p>
14	15	16	17	18	19	20
8:30am - S	<p>5:45am - I</p> <p>7:30am - S</p> <p>9:30am - E</p> <p>6:00pm - S</p>	<p>7:00am - I</p> <p>9:30am - S</p> <p>5:30pm - E</p>	<p>5:45am - S</p> <p>7:30am - E</p> <p>9:30am - I</p> <p>4:30pm - I</p> <p>6:00pm - E</p>	<p>7:00am - S</p> <p>9:30am - E</p> <p>5:45pm - I</p>	<p>5:45am - E</p> <p>7:20am - I</p> <p>9:30am - S</p> <p>5:30pm - S</p>	<p>7:30am - S</p> <p>9:00am - E</p>
21	22	23	24	25	26	27
8:30am - I	<p>5:45am - S</p> <p>7:30am - E</p> <p>9:30am - I</p> <p>6:00pm - I</p>	<p>7:00am - S</p> <p>9:30am - E</p> <p>5:30pm - I</p>	<p>5:45am - E</p> <p>7:30am - I</p> <p>9:30am - S</p> <p>4:30pm - E</p> <p>6:00pm - S</p>	<p>7:00am - E</p> <p>9:30am - I</p> <p>5:45pm - S</p>	<p>5:45am - I</p> <p>7:20am - S</p> <p>9:30am - E</p> <p>5:30pm - E</p>	<p>7:30am - E</p> <p>9:00am - S</p>
28	29	30	31			
8:30am - E	<p>5:45am - E</p> <p>7:30am - I</p> <p>9:30am - S</p> <p>6:00pm - E</p>	<p>7:00am - E</p> <p>9:30am - I</p> <p>5:30pm - S</p>	<p>5:45am - I</p> <p>7:30am - S</p> <p>9:30am - E</p> <p>4:30pm - S</p> <p>6:00pm - I</p>			