# Bulldog Cycling Studio

## Monday
- **Early Bird Cycle** 5:50AM-6:45AM  
  Tommy

## Tuesday
- **Kick Start** 5:50AM-6:45AM  
  Tommy

## Wednesday
- **Early Bird Cycle** 5:50AM-6:45AM  
  Katie K

## Thursday
- **Kick Start** 5:50AM-6:45AM  
  Tommy

## Friday
- **Kick Start Cycle & Jog** 5:50AM-6:45AM  
  Bricka

### Instructor’s Choice
- 12:00PM-12:50PM  
  Tommy

### Lunch Cycle & Jog
- 12:00PM-12:50PM  
  Hannah

### Race Day
- 4:00PM-4:50PM  
  Bricka

### PEAK 8
- 5:00PM-5:50PM  
  Phillip

### The cLIMB
- 6:00PM-6:50PM  
  Taylor

### Instructors Choice
- 6:00PM-6:50PM  
  Scott

### Calorie Blaster
- 6:00PM-6:50PM  
  Annie-Laurie

### POWER HOUSE
- 6:00PM-6:50PM  
  Scott

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## Studio A

### Monday
- **Early Bird Yoga** 6:00AM-7:00AM  
  Kelsey

- **Body Pump** 7:00AM-7:55AM  
  Meridith

- **Power Surge** 12:00PM-1:00PM  
  Holly

- **BOOTCAMP ABS** 4:30PM-4:50PM  
  Katie K

- **Active Yoga** 5:00PM-5:50PM  
  Suzanne

- **Lower Body Blast** 6:00PM-6:50PM  
  Hannah

### Tuesday
- **Early Bird Yoga** 6:00AM-7:00AM  
  Ria

- **Upper Body Blast** 7:00AM-7:55AM  
  Meridith

- **Hardcore Yoga** 12:40PM-1:30PM  
  Holly

- **H.I.I.T** 4:30PM-5:00PM  
  Beth

- **AWESOME ABS** 5:30PM-5:50PM  
  Katie K

- **Active Yoga** 6:00PM-6:50PM  
  Kate F

### Wednesday
- **Active Yoga** 6:00AM-7:00AM  
  Suzanne

- **Upper Body Blast** 7:00AM-7:55AM  
  Meridith

- **Power Step** 12:00PM-1:00PM  
  Holly

- **BOOTCAMP ABS** 4:30PM-4:50PM  
  Bricka

- **Pilates** 5:00PM-5:50PM  
  Meridith

- **Arms & Abs** 6:00PM-6:50PM  
  Lucy

### Thursday
- **Early Bird Yoga** 6:00AM-7:00AM  
  Ria

- **Power Pack Combo** 12:00PM-1:00PM  
  Holly

- **Lower Body Blast** 7:00AM-7:55AM  
  Meridith

### Friday
- **Tai-Chi** 4:00PM-4:55PM  
  Kevin

### Sunday
- **Slow Flow Yoga** 4:00-5:00PM  
  Ashley (Studio C)

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**FALL 2014**  
**8.18 thru 12.5**