

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
EARLY MORNING	EasyRider Rob 7.00am	Cyclemix Rob 6.15am	DuoCycle Rob 6.15am	EnduraCycle Rob 6.15am	PlyoCycle 6.30am	Cycalorie Kris 7.30am	Event/group Specific Bookings
MID MORNING	YOGA Julie 9.30am	IntroCycle Kris 9.30am	Bike Box Rob 9.30am	MediCycle Rob 9.30am			
LUNCH							
EVENING	Cycle Strength Kris 6.00pm		Bike Box Rob 6.15pm	Cycross James 6.30pm	YOGA Julie 5.30pm		
EVENING	Cyclates Lyndell 7.30pm	IntroCycle Fiona 7.30pm	YOGA Julie 7.30pm	Cyclemix James 7.30pm			



TO BOOK IN FOR A CLASS VISIT WWW.ICYCLE.COM.AU
OR CALL 0438 411 248

MediCycle (60 mins) - This is the best medicine for core strength and muscle endurance. The cardio component is provided on the bike, complemented with core stability and strength exercises using a medicine ball.

PlyoCycle (60 mins) - Leap, bound, jump into action for a ballistic Cycle strength class. A typical Cycle drill class followed by 20mins of challenging plyometric exercises. This will increase joint stability and get your heart pumping.

EnduraCycle - (75mins) - A mixture of terrains and resistance work. Even if you're not participating in triathlon or cycle related events, this class will hone your waistline and challenge you to a higher level of fitness. Suitable for all riders.

Cycalorie (60 mins) - A specific fat burning session that will spike your heart rate and burn your braun. Designed to attack the fat and tone the muscles with guaranteed results. A little pain for lots of gain (or loss!).

IntroCycle (60 mins) - For beginners including bike set up and cycling technique. This class is less intense than the others but will build your confidence and strength so that you can progress to the other lcycle classes.

DuoCycle (60 mins) - A cycle/run class incorporating transition training and event specific instruction. Non-triathletes will benefit from the transition with great fitness benefits and strength gains. Bring your runners.

Cycle Strength (60 mins) - Involves steady and consistent pedalling with heavier resistance. Designed for the more experienced cyclist who needs to improve form and maintain smooth pedalling technique to build leg strength.

Cycle X (60 mins) - A solid training session with strength exercises off the bike. These will include a focus on other muscle groups like abdominals, biceps, triceps, and shoulders. A variation of techniques will keep you stimulated.

Cyclates (60 mins) – A combination of cycling and Pilates, with the core work taking 30min of the session. Participants of all fitness levels will receive maximum gains in muscle tone, breathing and stability of the core.

Bike Box (60 mins) - The class is evenly split between the bike and boxing where you will enjoy the benefits of an upper body workout, jabbing, and upper cutting your way through a Fun filled session.

Cyclemix (60 mins) - A fast paced and invigorating training session. You'll go on a scenic journey up mountain climbs and down fast descents to challenge every rider. A powerful Cardio/Fat Burning workout.

Yoga (60 mins)- Vinyasa with an element of Hatha Yoga where the postures are held to build strength and endurance. It doesn't matter how flexible you are as long as you have a flexible mind, an adventurous spirit and a healthy sense of humour.

EasyRider (60mins) - The perfect recovery ride after a big weekend of event participation (either social or physical!)

We are also happy to provide specific classes upon request. Such as:

- Group Bookings
- Bunch Rides
- Sports Specific Classes
- Personal Training
- Sporting Teams
- Corporate Groups

