

MAY 2026

PSYCLE_{MT}

SUN	MON	TUES	WED	THURS	FRI	SAT
3 THE SUNDAY RESET 10AM PAIGE	4 PSYCLE45 9AM MICHELLE PSYCLE45 5:30PM LIZ	5 NO CLASS	6 STRENGTH45 5:30PM MARTI	7 NO CLASS	8 CLIMB45 9AM MARTI	9 MOMS & MIMOSAS GLOW RIDE 9AM ASHLEY
10 MOTHER'S DAY NO CLASS :)	11 STRENGTH45 9AM PAIGE THEME RIDE 5:30PM LIZ	12 JOY IN MOTION: FORREST FRANK VS BRANDON LAKE 6:00PM MICHELLE	13 ARMS&BOOTY 5:30PM MARTI	14 NO CLASS	15 STRENGTH45 9AM MARTI	16 CORE45 9AM MICHELLE
17 THE SUNDAY RESET 10AM ASHLEY	18 CLIMB45 9AM MICHELLE CLIMB45 5:30PM MICHELLE	19 NO CLASS	20 STRENGTH45 5:30PM LIZ	21 NO CLASS	22 CORE45 9AM MARTI	23 CLIMB45 9AM ASHLEY
24 THE SUNDAY RESET 10AM MARTI	25 MEMORIAL DAY. NO 9AM CLASS STRENGTH45 5:30PM LIZ	26 NO CLASS	27 ARMS&BOOTY 5:30PM MARTI	28 NO CLASS	29 THEME RIDE 9AM PAIGE	30 STRENGTH45 9AM MICHELLE
31 THE BRUNCH BURN (MIMOSAS POST-SWEAT!) 10AM TBA	J1 PSYCLE45 5:30PM LIZ	J2 NO CLASS	J3 THEME RIDE 5:30PM MARTI	J4 NO CLASS	J5 CLIMB45 9AM MARTI	J6 CORE45 9AM TBA

SIGN UP FOR CLASSES AT PSYCLEMT.COM OR VIA THE MOMENCE APP.

Please cancel within 8 hours of class. | Class full? Join the waitlist! | Rental Shoes \$2