

APRIL 2025

PSYCLE^{MT}

SUN	MON	TUES	WED	THURS	FRI	SAT
30 BRUNCH RIDE 10AM MICHELLE	31 STRENGTH45 5:30PM MICHELLE	1 CLIMB45 9AM LIZ	2 ARMS&BOOTY FT. DOJA & DUA 5:30PM SAM	3 NO CLASS	4 NO CLASS	5 PSYCLE45 9AM MARTI
6 BRUNCH RIDE 10AM PAIGE	7 PSYCLE45 5:30PM MICHELLE	8 STRENGTH45 9AM ALI	9 ARMS&BOOTY 5:30PM SAM	10 NO CLASS	11 CLIMB45 9:00AM LIZ	12 EMINEM V. MGK V. JELLY ROLL 9AM MARTI
13 BRUNCH RIDE 10AM PAIGE	14 STRENGTH45 5:30PM MICHELLE	15 <i>Happy Birthday,</i> <i>Liz!!</i> CLIMB45 9AM SAM	16 PSYCLE60 5:30PM SAM	17 COMMUNITY RIDE - FREE! 5:45PM MARTI	18 NO CLASS	19 TAYLOR & FRIENDS REMIXED 9AM LIZ
20 BRUNCH RIDE 10AM ASHLEY	21 CORE45 5:30PM MICHELLE	22 COUNTRY REMIXED 9AM SAM	23 ARMS&BOOTY 5:30PM MARTI	24 NO CLASS	25 CLIMB45 9:00AM LIZ	26 STRENGTH45 9AM MARTI
27 THEME RIDE TBA 10AM MICHELLE	28 PSYCLE45 5:30PM ASHLEY	29 STRENGTH45 9AM MARTI	30 ARMS&BOOTY FT. EDM FAVES 5:30PM LIZ	M1 NO CLASS	M2 CORE45 9:00AM TBA	M3 CLIMB45 9AM MARTI

SIGN UP FOR CLASSES AT [PSYCLEMT.COM](https://psyclemt.com) OR VIA THE MOMENCE APP.

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