

NOVEMBER 2025

PSYCLE_{MT}

SUN	MON	TUES	WED	THURS	FRI	SAT
2 <i>DAYLIGHT SAVINGS</i> THE SUNDAY RESET 9AM MARTI	3 NO CLASS	4 CLIMB45 5:30PM KATIE*	5 FULL MOON RIDE 9AM MICHELLE STRENGTH45 5:30PM MARTI	6 NO CLASS	7 PSYCLE45 9AM PAIGE	8 THE LIFE OF A SHOWGIRL 9AM LIZ
9 <i>*CLASS TIME CHANGE!</i> THE SUNDAY RESET 10AM KATIE	10 NO CLASS	11 PSYCLE45 5:30PM LIZ	12 MILLENNIAL MIXTAPE 9AM PAIGE ARMS&BOOTY 5:30PM MARTI	13 NO CLASS	14 CLIMB45 9AM KATIE	15 BOOTY BURN 9AM MICHELLE
16 THE SUNDAY RESET 10AM MARTI	17 NO CLASS	18 CLIMB45 5:30PM ALI	19 PSYCLE45 9AM MICHELLE IT'S BRITNEY, B*TCH. 5:30PM MARTI	20 NO CLASS	21 STRENGTH45 9AM PAIGE	22 <i>GRIZ/CAT GAME</i> PSYCLE45 9AM KATIE
23 THE SUNDAY RESET 10AM MICHELLE	24 NO CLASS	25 ARMS&BOOTY TURKEY BURN 5:30PM MARTI	26 BOOTY BURN 9AM LIZ	27 NO CLASS	28 NO CLASS	29 <i>LAKESIDE XMAS LIGHTING</i> STRENGTH45 9AM MARTI
30 THE BRUNCH BURN (MIMOSAS POST-SWEAT!) 10AM MICHELLE?	D1 NO CLASS	D2 GGAI X PSYCLEMT: GLITTER & GRIT 6:00PM LIZ	D3 PSYCLE45 9AM PAIGE ARMS&BOOTY 5:30PM MARTI	D4 NO CLASS	D5 CLIMB45 9AM ALI	D6 REMIX REVOLUTION 9AM KATIE

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

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