

OCTOBER 2025

PSYCLE_{MT}

SUN	MON	TUES	WED	THURS	FRI	SAT
28 BRUNCH RIDE 9AM ALI	29 PSYCLE45 9AM LIZ	30 NO CLASS	1 ARMS&BOOTY 5:30PM MARTI	2 CLIMB45 9AM PAIGE	3 NO CLASS	4 STRENGTH45 9AM MICHELLE
5 BRUNCH RIDE 9AM MARTI	6 FULL MOON RIDE 9AM MICHELLE	7 NO CLASS	8 STRENGTH45 5:30PM MARTI	9 NO CLASS	10 CORE45 9AM MARTI	11 90'S & Y2K FORGOTTEN FAVORITES 9AM MICHELLE
12 BRUNCH RIDE 9AM MARTI	13 CLIMB45 9AM MICHELLE	14 NO CLASS	15 STRENGTH45 5:30PM MICHELLE	16 NO CLASS	17 PSYCLE45 9AM MARTI	18 PSYCLE45 9AM KATIE
19 BRUNCH RIDE 9AM PAIGE	20 MILLENNIAL MIXTAPE 9AM PAIGE	21 NO CLASS	22 STRENGTH45 5:30PM MARTI	23 NO CLASS	24 CLIMB45 9AM KATIE	25 BLACK OUT GLOW RIDE 9AM MARTI
26 BRUNCH RIDE 9AM MICHELLE	27 HAUNTED HILLS CLIMB 9AM PAIGE	28 NO CLASS	29 ARMS&BOOTY 5:30PM MARTI	30 NO CLASS	31 HAUNTED HEADBANGERS & MONSTER MASHUPS 9AM ALI	NOV 1 PSYCLE45 9AM KATIE

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