

MAY 2024

PSYCLE^{MT}

MIND. BODY. SPIN.

SUN	MON	TUES	WED	THURS	FRI	SAT
28 BEFORE BRUNCH RIDE 10AM MARTI	29 BOOTY BURN 6PM MICHELLE	30 BOOTY BURN 9AM LIZ	1 ARMS+BOOTY 5:30PM MARTI	2 PSYCLE45 5:30PM SAM	3 CLIMB45 9AM LIZ	4 PSYCLE60 9AM MICHELLE
5 BEFORE BRUNCH RIDE 9AM SAM	6 CLIMB45 6PM SAM	7 BOOTY BURN 9AM MARTI	8 ARMS+BOOTY 5:30PM MARTI	9 PSYCLE45 5:30PM MICHELLE	10 MOMS NIGHT OUT GLOW RIDE 5:30PM MARTI	11 MOMS & MIMOSAS GLOW RIDE 9AM LIZ
12 BEFORE BRUNCH RIDE 9AM LIZ	13 CLIMB45 6PM MICHELLE	14 BOOTY BURN 9AM MARTI	15 ARMS+BOOTY 5:30PM MARTI	16 PSYCLE45 5:30PM MICHELLE	17 CLIMB45 9AM LIZ	18 BOOTY BURN 9AM LIZ
19 BEFORE BRUNCH RIDE 9AM MARTI	20 CLIMB45 6PM MICHELLE	21 BOOTY BURN 9AM MARTI	22 ARMS+BOOTY 5:30PM MARTI	23 PSYCLE45 5:30PM SAM	24 THEME RIDE 9AM LIZ	25 CLIMB45 9AM SAM
26 <i>Memorial Day weekend</i> BEFORE BRUNCH RIDE 9AM MICHELLE	27 NO CLASS.	28 BOOTY BURN 9AM MARTI	29 ARMS+BOOTY 5:30PM MARTI	30 THEME RIDE 5:30PM SAM	31 CLIMB45 9AM LIZ	J1 BOOTY BURN 9AM LIZ

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

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