



MON

TUES

WED

THURS

FRI

SAT

SUN

**ENDURE**  
9:15am

**ELEVATION**  
5:45pm

**ELEVATION**  
12:10pm

**REVOLUTION**  
6:30pm

**ELEVATION**  
9:15am

**ENDURE**  
5:45pm

**FOUNDATION**  
9:15am

**REVOLUTION**  
12:10pm

**ELEVATION**  
6:30pm

**REVOLUTION**  
9:15am

**ENDURE**  
8:15am

**ENDURE**  
9:30am

**REVOLUTION**  
8:05am

**FOUNDATION**  
9:15am

**FOUNDATION**

This introductory class will include a 5-minute tutorial on bike set-up, the unique features of the Stages SC3 bikes, and proper technique and form. This class will feature a variety of challenging drills, to educate riders on cycling with power.

**REVOLUTION**

Variety of challenging drills including, FTP time trials, aerobic endurance, hill climbs and explosive max power intervals. You will train in all 7 intensity zones and conquer the most comprehensive cardiovascular workout!

**ELEVATION**

Get ready to strengthen the muscular systems that power hill climbs. Legs, glutes and core will be challenged with lower cadence, higher resistance drills. This class will improve your ability to crush shorter climbs and improve sustained aerobic capacity!

**ENDURE**

A great class to improve your aerobic endurance and increase your functional threshold power. Focus is on accumulating plenty of time at high aerobic workloads. Train like an athlete, using maximum oxygen to fuel the long endurance drills!

**YOUR RIDE IS WAITING  
INCLUDED IN YOUR OVAL MEMBERSHIP  
OR WITH DROP-IN ADMISSION**



[richmondoval.ca/ovalfit/ride](http://richmondoval.ca/ovalfit/ride)