

This Week's Schedule of Instructor-led Classes

(check our booking schedule for virtual instructor rides & all instructor-led classes are offered as a live-stream too!)

Mon 11/3	Tues 11/4	Wed 11/5	Thurs 11/6	Fri 11/7	Sat 11/8	Sun 11/9
	5:00 AM 45 Min. Interval Ride 🚴		5:00 AM Track Workout SHS Track 🏃			
		6:00 AM Groundwork 💪		6:15 AM Swim Training w/ Coach Dave 🏊 Avery Point Pool		
7:00 AM Swimming Skills & SwimFlow 🏊 Avery Point Pool		7:00 AM 1 Hr. Endurance Ride 🚴	7:00 AM 45 Min. Threshold Ride 🚴		7:15 AM 1 Hr. Interval Ride 🚴	
				8:30 AM 45 Min. Interval Ride 🚴	8:30 AM 1 Hr. Interval Ride 🚴	8:30 AM 1 Hr. Endurance Ride 🚴
				9:30 AM Groundwork 💪		
5:15 PM Groundwork 💪	5:15 PM Combo Core Interval Ride 🚴	5:15 PM Groundwork 💪	5:15 PM 1 Hr. Threshold Ride 🚴			

Endurance Ride = Easy to moderate efforts in Zone 2 & Zone 3

Threshold Ride = Hard sustained efforts in Zone 4

Interval Ride = Short hard efforts and beyond in Zones 4+

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