

Princeton Club West Cycle Classes by Category

NEW PARTICIPANTS: Please arrive 10 minutes prior to class time. Your instructor will help you with bike set-up.

The pedals on the bikes are dual-sided: cages to accommodate sneakers and SPD clips for clipping in.

WORKOUT PARTY RIDES

Rhythm45: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride**

RhythmBurn: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike resistance band/light weight circuit

RhythmCore: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike core circuit

RhythmReps: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes off-bike conditioning circuits in a bootcamp-style workout

Cyclub: Uses lights and powerful beats to create a party vibe that carries riders through an **interval-based ride**

OUTDOOR RIDING INDOORS

Spin: Recreates the experience of road cycling with standing & seated intervals that guide riders over flat roads, steep mountains, and rolling hills

Intro to Spin: *offered the first Monday of each month* Teaches the basics of proper bike set up, working with resistance, body positioning, and pacing used in Spin classes

Spin Core: Combines a challenging ride with post-ride exercises focused on core strength, balance, and flexibility

LES MILLS FORMATS

SPRINT by LES MILLS: Utilizes short bursts of maximum intensity, followed by periods of complete rest, to stimulate Excess Post-Exercise Oxygen Consumption (EPOC), helping riders burn calories for up to 9 hours post-workout

RPM by LES MILLS: Provides a journey through mixed terrain that maintains an aerobic heart rate zone with short bursts of intensity that push riders to reach cardio peaks

THE TRIP™ by LES MILLS *SCHEDULED VIRTUAL CLASS*: Creates a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds

Les Mills SPRINT, RPM, and THE TRIP™ offered virtually for member use in the Cycle Studio when classes are not scheduled

West Cycle Studio Schedule :: Effective February 1, 2026

To reserve your spot, registration - available 49 hours prior to class start time - is required. ****Must be age 12+ to attend all group classes****
Virtual Les Mills OnDemand classes are available when live classes are not scheduled

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:15am Rhythm45			6:15-7:00am 	
		8:15-9:00am RhythmReps		8:15-8:45am 		8:00-8:45am 
9:15-10:15am Spin	9:00-10:00am Spin		9:00-10:00am Spin	9:00-10:15am Spin Core	9:00-9:45am RhythmReps	
	5:30-6:15pm CYCLUB	5:30-6:15pm RhythmCore	5:30-6:15pm Rhythm Rotation	5:30-6:15pm RhythmBurn		
	6:30-7:30pm Intro to Spin <i>(First Mondays)</i>					