



# ASCEND

## CYCLE STUDIO

# 2025

### MONDAY

5:45-6:30am **CYCLE**  
[AS] Megan

8:30-9:15am **CYCLE**  
[AS] Anna

### TUESDAY

5:45-6:30am **CYCLE**  
[AS] Steve

8-8:45am **CYCLE**  
[AS] David

5:30-6:15pm **CYCLE**  
[AS] Beth

### WEDNESDAY

5:45-6:35am **CYCLE**  
[AS] Beth

8:30-9:15am **Cycle**  
[AS] Anna

### THURSDAY

5:45-6:30am **CYCLE**  
[AS] Megan

9:30-10:15am **CYCLE**  
[AS] David

5:30 -6:15pm **CYCLE**  
[AS] Beth

### FRIDAY

5:30-6:15am **CYCLE**  
[AS] Steve

8:30-9:15am **CYCLE**  
[AS] Anna

### SATURDAY

8:30-9:15am **CYCLE**  
[AS] Anna / Beth

### SUNDAY

9-9:45am **CYCLE**  
[AS] Cassie

### KEY

NEW INSTRUCTOR

NEW TIME

Updated 3.13.25