

Bonsor Indoor Cycling Schedule Winter 2019

Effective Dates: January 7-March 31, 2019

Schedules are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rise & Ride 6:30-7:20am ■	Rise & Ride 6:30-7:20am ■			Rise & Ride 6:30-7:20am ●/■	Weekend Warrior 9:15-10:15am ■/▲	Sunday Sweat 6-6:50pm ■/▲
Pedal Power I 11-11:50am ●	Pedal Power II 10-10:50am ●/■		Painless Pedal 11-11:45am ●/■	Cycle Express 7:30-8:15am ●/■	Intensity levels: ● Mild / All levels ■ Moderate ▲ Moderate-Intense ◆ Intense	
Candlelight Cycle 6-6:50pm ▲/■		Painless Pedal 11:45am-12:30pm ■		Cycle 'n Strength 11:15am-12:15pm ●/■	New to Indoor Cycling? Book a free orientation to learn how to set up indoor cycle and use IC7 Coach by Colour technology. Call 604-297-4573 to book an appointment so you are ready to be part of Bonsor's indoor cycling classes geared for all levels.	
Cycle 'n Strength 7-8pm ▲/■	Cycle + TRX® Combo 6-7pm ■	Cycle Fit Intervals 6-6:50pm ■/▲	Throwback Thursday 7:10-8pm ■	Feel Good Friday 7-8pm ▲		

Active Pass Fees

Prices do not include tax.

	Annual	4 Month	1 Month	10 Visit	Drop-in
Adult	\$410.40	\$171.00	\$57.00	\$57.00	\$6.38
Teen (13-18 yrs) / Student (19-25 yrs with valid student ID) / Senior (65 yrs+)	\$308.15	\$128.40	\$42.80	\$42.80	\$4.75