



# RIDE STUDIO

## Ride at Oxford

MON	TUES	WED	THU	FRI	SAT	SUN
6:00AM TRIP (45)	6:00AM RIDE	6:00AM TRIP (45)	6:00AM TRIP (45)	6:00AM RIDE (45)	7:15AM RIDE	8:00AM RIDE
8:00AM RIDE	9:30AM TRIP (45)	7:30AM RIDE	9:00AM RIDE	8:00AM RIDE	8:30AM TRIP (45)	9:30AM TRIP (45)
10:30AM TRIP (45)	10:00AM RIDE	9:00AM RIDE	10:30AM TRIP (45)	9:30AM TRIP (45)	9:30AM TRIP (45)	11:00AM RIDE (45)
		10:30AM TRIP (45)				
6:00PM TRIP (45)	4:30PM TRIP (45)	6:00PM RIDE (45)	6:00PM TRIP (45)			
7:00PM RIDE (45)	5:30PM RIDE (45)	7:00PM TRIP (45)				

Oxford's state-of-the-art indoor cycling studio featuring Les Mills The Trip™ Immersive Cycling classes, FitMetrix programs, and Matrix power cycling workouts.

This is the only studio in the country offering these cutting-edge programs under one roof!

**Ride** – Experience the ultimate cycling journey for total body conditioning. Participants work at their own performance level, while being motivated by the spin instructor, music and an energizing atmosphere.

**Registration recommended.**

**The Trip™** – is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema scale screen and sound system, The Trip takes motivation and energy output to the next level, burning serious calories. **Registration recommended.**

Revised 1/2019