



ASCEND

CYCLE STUDIO

2026

MONDAY

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

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

TUESDAY

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

6-6:45pm **CYCLE**
[AS] Beth

WEDNESDAY

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

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

THURSDAY

TBD

FRIDAY

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

SATURDAY

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

SUNDAY

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

KEY

NEW INSTRUCTOR

NEW TIME

Updated 8.16.26