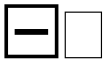
CYCLE CLASS PROFILE

DANCE CLUB

INTERVAL RIDE

1 HOUR

Elapsed Time	Tune	Movement	Intensity	Tempo	Cadence	Notes	Duration
3:45	Child's Play – DJ Cam		low	95 single foot	Alt foot		3:45
10:00	Take Me Away – Chase & Status		Med	87 single foot	Alt Foot	Intervals in and out of saddle	6:17
14:00	Long Time – Fatboy Slim		Hard	134	Alt Foot		4:05
15:45	North Star theme – Leon Carr		Low	84 single foot	Alt foot		5:51
20:45	Warning Shots – Thievery Corporation		Low-med	96	Single foot	Rolling hills	5:00
25:00	Go Cat Go – Freddy Fresh		High	137	Alt foot		4:10
29:00	Fantastic Voyage - Coolio		Low-med	107	Single foot	Rolling Hills	4:20
32:30	Hear My Name – Armand van Helden		High	131	Alt foot		3:27
38:00	Travelogue – Mr. Scruff		low	96	Single foot		5:24
42:00	The Knock - UNKLE		med	94	Single Foot		3:58
47:00	When the Lights go Down – Armand Van Helden		High	129	Alt Foot		5:10
51:00	Dancing together – David Byrne & Fatboy Slim		low	97	Single		3:50
56:00	Divided by Night – Crystal Method		med	101	single	Spin ups	5:00
59:00	Smoke session pause		Low	89	Single		3:30