
















Cycle Class Profile

Sunshine

INTERVAL

1 hour

Elapsed Time	Tune	Movement	Intensity	Tempo	Cadence	Notes	Duration
0 3:40	Born on a day the sun didn't rise - BlackMothSuperRainbow		med	89	Single foot		3:35
3:40 7:10	Sunshine - Atmosphere		low	91	Up to single foot beat	Instruct to slowly speed up to come into time	3:35
7:10 12:10	I Like the Way you Move – Body Rockers		HIGH	128	ALT	LADDER CLIMB – 30sec on/off 60sec on/off 90sec on/off	5:00
13:41 18:41	Long way to the Top – AC/DC		high	134	ALT	LADDER CLIMB Continue	5:00
18:41 21:10	I wanna be sedated - Ramones		low	81	single		2:30
21:10 26:00	SunShine – Eric Morillo		high	128	alt		4:40
26:00 28:40	Whip it - Devo		low	158	ALT	Seated pull-standing push	2:37
28:40 31:00	Rock me Amadeus - Falco		med	89	single		3:20
31:00 36:20	One Night in Bangkok remix - vinylshakers		high	130	ALT		5:22
36:20 39:00	Hangin Tough - NKOTB		med	91	single		4:18
39:00 43:00	Rock ya Body - PingPongBitches		low	87	single	Single leg focus	3:55
43:00 46:25	Let the Sun Shine – Milk & Sugar		High	126	ALT		6:25
46:25 50:00	Steal My Sunshine – Len		Low	96	Single	Increase – decrease resistance slowly	3:27
50:00 53:20	Pocketful of Sunshine – Natasha Bedingfield		High - fast	110	single		3:22
53:20 57:20	Sunshine – lil flip		low	94	Single	Chill out	3:45

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