Fall 2026 Cycle Schedule

November 9th – December 6th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00am **Cycle** Tanya/Kate		**5:30-6:00am** **SPRINT** Tanya			**8:00-8:30am** **SPRINT** Tanya
9:00-10:00am **Cycle** Rotation	**9:15-10:00am** **Cycle** Juli	**9:00-10:00am** **Cycle** Rotation		**8:30-9:30am** **RPM** Elizabeth	**9:00-10:00am** **Cycle** Rotation
	6:30-7:30pm **RPM** Elizabeth		**5:30-6:30pm** **Cycle** Dave		

hempfield recCenter

DISCOVER. CONNECT. BELONG.