



# Missoula Family YMCA Cycling Schedule

May 2026



Download our Y app for the most up-to-date schedules!

Class types, dates, and times are subject to change or cancellation.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>							
6:00a.m.			RPM 5:30-6:15 a.m. Catie		RPM 5:30-6:15 a.m. Carrie		
7:00 a.m.							
8:00 a.m.							RPM 8:15-9:00 a.m. Alyssa
9:00 a.m.		Cycle & Core 9:30-10:15 a.m. Megan K		Cycle 9:30-10:15 a.m. Meighan		RPM 9:30-10:15 a.m. Rotation	
11:00 a.m.							
<b>Afternoon/Evening Classes</b>							
12:00 p.m.			Cycle HIIT 12:00-12:30 p.m. Keri		Cycle HIIT 12:00-12:30 p.m. Keri		
1:00 p.m.							
4:00 p.m.							
5:00 p.m.			RPM 5:30-6:15 p.m. Rotation				
6:00 p.m.		RPM 6:00-6:45 p.m. Rotation		New Time! Vybe Ryde 6:00-6:45 p.m. Ashley			
7:00 p.m.							

**Cycle** - This 45-minute cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music.

**Cycle HIIT** - An intense 30-minute ride.

**Cycle & Core** - A 45-minute ride followed by 15 minutes of intense core work.

**RPM** - The indoor cycling workout where you control the intensity. Ride to the rhythm of powerful music while your instructor leads you through climbs, flats, and sprints. You control resistance levels and speed to build your fitness level over time.

**Vybe Ryde** - This class challenges your body, and frees your mind. Climbs, sprints, choreography with weights set to unique beats and rhythms create class that is a vybe. This 45-minute ryde is an experience.

**Hours:** Monday-Friday 5:00 a.m.-10:00 p.m. | Saturday 7:00 a.m.-8:00 p.m. | Sunday 8:00 a.m.-6:00 p.m.

406-721-YMCA (9622) | [ymcamissoula.org](http://ymcamissoula.org)