

# CompuTrainer Performance Studio

On the road. On your bike. In a studio.

1821 30th Street | Boulder, CO 80301 | 303.501.1700 | ColoradoAthleticClubs.com/Boulder



	Monday Flat	Tuesday Rolling Hill	Wednesday Climb	Thursday Rolling Hill	Friday Flat	Saturday Mixed Bag	Sunday Mixed Bag
5:30AM	<b>Free Ride</b> Staff 5:30-6:45AM		<b>Free Ride</b> Staff 5:30-6:45AM		<b>Free Ride</b> Staff 5:30-6:45AM		
7AM	Coach Steve 7-8:15AM		Coach Steve 7-8:15AM		Power/Strength Development Coach Jimmy 7-8:15AM		
8AM		<b>Free Ride</b> Staff 8-9:15AM		<b>Free Ride</b> Staff 8-9:15AM		Coach Steve 8-9:30AM	
9:30AM		Foundation Training Coach Paul 9:30-10:45AM	Coach Steve 9:30-10:45AM	Triathlon Brick Training Coach Jimmy 9:30-10:45AM	Coach Steve 9:30-10:45AM		
9:15AM						<b>Free Ride</b> Staff 9:45-12PM	
11AM		Treadmill Running Coach Holly 11-11:45AM		Treadmill Running Coach Holly 11-11:45AM			
12PM	Mountain Bike Power Coach Paul 12-1:30PM	Coach Steve 12-1:30PM		Coach Steve 12-1:30PM	Beginning Power Training Coach Brett 12-1:30PM		<b>Free Ride</b> Staff 12-1:30PM 1:30-3PM
1:45PM		<b>Free Ride</b> Staff 1:45-3:30PM					
4PM				<b>Free Ride</b> Staff 4-7PM	<b>Free Ride</b> Staff 4-5PM, 5-7PM		
4:30PM			<b>Free Ride</b> Staff 4:30-6PM			<p style="text-align: center;"><b>CompuTrainer Reservation System</b></p> <p style="text-align: center;">Please call <b>24 hours</b> in advance of any free ride you wish to participate in, to reserve your space in the studio. 303.501.1700</p> <p style="text-align: center;"><b>\$20/coached class</b></p> <p style="text-align: center;">To enroll in a 8 week fee-based training series please call the Personal Training Manager.</p>	
5:30PM	LT Power Triathlon/TT Coach Jimmy 5:30-6:45PM						
6:15PM			LT Power Triathlon/TT Coach Jimmy 6:15-7:45PM				
7PM		<b>Free Ride</b> Staff 7-8:30PM					
7:15PM				Beginner Power Training Coach Brett 7:15-8:30PM			