



Where fit doesn't mean perfect.

Power Pacing — Maple Ridge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am		Power Pacing ①②Ⓢ		Power Pacing ①②Ⓢ			
8:45 am	Power Pacing ①②Ⓢ		Power Pacing ①②Ⓢ		Power Pacing ①②Ⓢ	Power Pacing ①②Ⓢ	
9:00 am		Power Pacing ①②Ⓢ		Power Pacing ①②Ⓢ			Power Pacing ①②Ⓢ
10:00 am							
4:25 pm		Power Pacing 50 minutes ①②Ⓢ					
6:00 pm		Power Pacing ②Ⓢ		Power Pacing & Flex ①②Ⓢ			

- ① Beginner/Intermediate
- ② Intermediate/Advanced
- Ⓢ Pre-registration required – take a number on arrival