

# Schwinn® Cycling Class Design Template



Total Time:  
Big Picture/Description:

| The FRAME<br>Music | The CORE    |                 |               | The FRAME<br>Coaching/Motivation |
|--------------------|-------------|-----------------|---------------|----------------------------------|
|                    | Stage/ Time | Intensity/ Time | RPM/Technique |                                  |
|                    |             |                 |               |                                  |
|                    |             |                 |               |                                  |
|                    |             |                 |               |                                  |
|                    |             |                 |               |                                  |
|                    |             |                 |               |                                  |
|                    |             |                 |               |                                  |

Email

<http://corehandf.com/>

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