



# FULL PSYCLE

FULL-BODY INDOOR CYCLING

## SPIN STUDIO

**9-9-9 Plan\***

**\$9 per class  
\$99 unlimited  
for one month**

### WHAT IS FULL PSYCLE?

indoor cycling • top of the line bikes • upper body strength training  
real-time performance measurement • online bike selection • hi-tech lighting  
stadium staging • complimentary towels • premier instructors

### WHY FULL PSYCLE?

a massive calorie burn, a toned upper body, and the most fun, most intense, most mentally and physically challenging full-body workout you will ever experience.

Please feel free to stop for a free 15 minute consultation to learn about the FULL PSYCLE method and proper bike set-up.

\*9-9-9 Plan can be used by new members only. The \$9/class promo is a one-time purchase, with a 10 class maximum and an expiration date of 45 days after first class. \$99 unlimited promo is also a one-time purchase and expires 30 days after first class.

**230 E 17th St., #100, Costa Mesa, CA 92627  
949-631-2222, info@fullpsyche.com, www.fullpsyche.com**



FULL PSYCLE

FULL-BODY INDOOR CYCLING

230 E 17th St., #100,  
Costa Mesa, CA 92627  
949-631-2222  
info@fullpsyche.com  
www.fullpsyche.com

## SPIN STUDIO



**Monday :** 5:45am, 8:15am, 9:15am, 5:30pm, 6:30pm, 7:30pm  
**Tuesday :** 5:45am, 8:15am, 9:15am, 5:30pm, 6:30pm, 7:30pm  
**Wednesday :** 5:45am, 8:15am, 9:15am, 5:30pm, 6:30pm, 7:30pm  
**Thursday :** 5:45am, 8:15am, 9:15am, 5:30pm, 6:30pm, 7:30pm  
**Friday :** 5:45am, 8:15am, 9:15am  
**Saturday :** 8:00am, 9:00am, 10:00am  
**Sunday :** 9:00am, 10:00am