

Indoor Cycling Instructor's Lesson Plan Print Out

Date: _____

Lesson Plan # _____

| Title of Ride: | | | |
|----------------|--------|------|-------|
| Song | Artist | Time | Drill |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Paul: This is a simple layout, but if you can design it so it is easy for instructors to print a copy of and so that they have space to write. Word formatting sucks lol!! And make it the whole page pretty please. I just cut it off at the bottom to write to you. As long as it has ten rows but it can go to the end of the page.