

Free Structured on the Bike Workouts at BikeSport!

Get faster, stronger, improve endurance and cycling skills.



Date: Every Tuesday &
Thursday
Start Time: 6 pm
End Time: Approximately 7:30
Place: Ride from and return
to BikeSport

Every Tuesday and Thursday Night.

We ride from BikeSport at 6 pm and ride back to BikeSport after the workout.

Depending on workout we train in East Lake Woodlands or on Lafayette Blvd.

The workouts vary in length from one hour to an hour and a half.

Each workout has a specific purpose. Some areas we seek to improve are leg strength, endurance, speed, group riding skills, etc.

The workouts are structured so that riders of all levels can participate.

3970 Tampa Rd
Oldsmar, FL
(813) 475-7240

BIKE*SPORT*

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www.bikesportbicycles.com

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