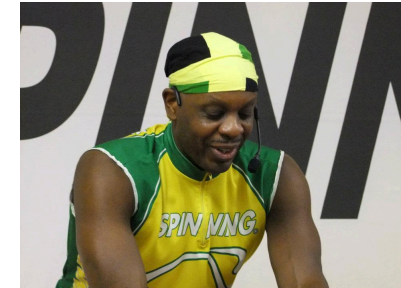


LA Revolution Spinning® Playlist

Instructor: Les Antoine

Ride Title: Climbing My Way – Fitness Fiesta

First Ride: Fitness Fiesta March 2015



Track	Artist	Profile - Strength	BPM
The Foundation	Thievery Corporation	intro	103
First Note is Silent	High Contrast (feat Tiesto and Underworld)	flat	86
Sunday Paper	Farid	flat	95
The Hydro Leon	Unstoppable	hill	140
Ghetto Gone Uptown	Archives (feat Ras Puma and Kurlou)	hill	150
Amerimacka	Thievery Corporation	Hill	153
Assault on Babylon	Thievery Corporation	Flat	95
The Agony and The Ecstasy (instr)	High Contrast	Flat	87
Kwaito	Zulu	Hill	128
Heartbroken	T2	Hill	140
Trance Plane	Full Range	Hill	140
Skygazer	Thievery Corporation	Cool down	88
Ojala	Federico Aubele (feat Natalie Clavier)	Cool down	85

Ride information: Exploring many different climbing techniques and finding your own way to the top.