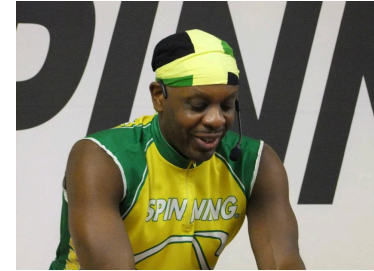


LA Revolution Spinning® Playlist

Instructor: Les

Ride Title: I Will Not Lose

First Ride: Fitness Fiesta March 2015



Track	Artist	Profile - Intervals	BPM
The Forgotten People	Thievery Corporation	intro	97
Up All Night (SBTRKT mix)	Alex Clare	Flat into slow hill	98/128
Streamline	Pendulum	flat	87
Ruff Dis Year	Shaka Demus and Pliers	Fast Hill	160
Song For A Guy (Sweet Sensations remix)	Seven Seas – from ‘Gemini’ CD Spinning Volume 19 see Spinning.com	Super smooth hill	128
Exploration	The Karminsky Experience Inc	flat	105
My Girl Josephine	Super Cat	hill	145
Up All Night	Alex Clare	sprints	98
Gal Wine	Pliers	Fast hill	160
Wires and Watchtowers	Thievery Corporation	hill	136
I Will Not Lose (instrumental)	Wiley	Power hill	141
River Rock	Contract Chillers vs Smokin Roots	Cool down	