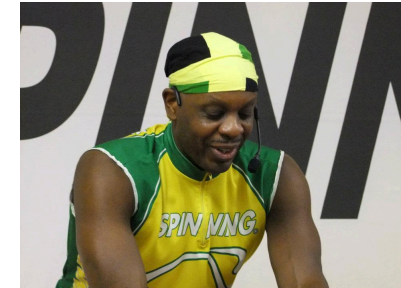


LA Revolution Spinning® Playlist

Instructor: Les

Ride Title: Pushing Boundaries

First Ride: Fitness Fiesta March 2015



Track	Artist	Profile - Intervals	BPM
Verstaan (instrumental)	Mandoza	Flat	104
Natural Disaster (Happy Ever After)	Ministry of Sound	Hill	127
Eyes	Ministry of Sound	Hill	128
Wes	Ministry of Sound	Hill	127
Ou Le	Kassav	Flat	100
Shake Your Body	Shy FX & T Power	Flat	88
Swinging My Dub	The Revolutionaries	Hill	141
Buddy	Dream Teem	Hill	128
Sweet Things	Tiesto	Hill	132
Amigo	Toro	Fast Flat	114
Dubbing Storm	The Revolutionaries	Hill	149
Everything	Tiesto	Hill	133
Under The Sea	Digby Jones	Cool down	83