CYCLE NOW CHOREOGRAPHY TEMPLATE JANUARY 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 **Warm Up** *Do It To It*	128		4 min. 45 sec.
TRACK 2 **Climb** *Love Again*	132		4 min. 00 sec.
TRACK 3 **Flat** *Easy On Me*	135		4 min. 56 sec.
TRACK 4 **Jump Intervals** *A Thousand Years Pt. 2*	140		3 min. 25 sec.
TRACK 5 **Hills** *Titanium*	128		3 min. 40 sec.
TRACK 6 **Recovery** *Mad World*	122		4 min. 51 sec.
TRACK 7 **Sprint** *Here We Go*	180		4 min. 48 sec.
TRACK 8 **Recovery** *abcdefu*	61		3 min. 40 sec.
TRACK 9 **Climb** *you broke me first*	132		4 min. 27 sec.
TRACK 10 **Flat** *I Hope*	150		4 min. 54 sec.
TRACK 11 **Climb** *What About Us*	114		4 min. 26 sec.
TRACK 12 **Sprint** *Last One Standing*	155		5 min. 25 sec.
TRACK 13 **Cool Down** *Meet Me At Our Spot*	95		3 min. 52 sec.
TRACK 14 **Stretch** *Remember Where You Are*	86		3 min. 08 sec.