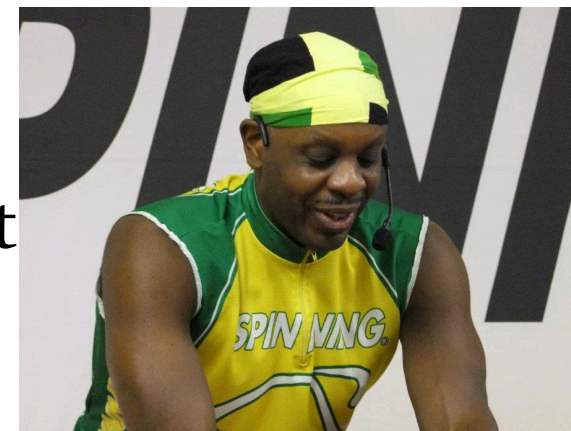


LA Revolution Spinning® Playlist



Instructor: Les

Ride Title: Batty Rider

First Ride: Sept 2014

| Track | Artist | Profile | BPM |
|--|--------------------|-----------|-----|
| Danvehall Rock | Barrington Levy | Flat | 94 |
| Acid | Mighty Jarrett | Flat | 90 |
| Corazon (Ursula 1000 remix) | Federico Aubele | Flat | 100 |
| Soundboy, Hold Your Corner | Chill Reggae | Fast Flat | 110 |
| Not an Easy Road | Buju Banton | Hill | 138 |
| Judge Not | Morgan Heritage | Hill | 141 |
| On fera avec | La 38eme donne | Flat | 99 |
| Batty Rider | Buju Banton | Flat | 97 |
| Hurt You | Chase and Status | Flat | 88 |
| Make it Tonight | High Contrast | Flat | 87 |
| Turn | Super Cat | Flat/Hill | 83 |
| Seasons version | Various Artists | Flat | 85 |
| Oblivion (mixed by Thievery Corporation) | Ancient Astronauts | Flat | 100 |
| Su Melodia | Federico Aubele | CD | |

Ride information: The Batty Rider is all about staying in the saddle and using your leg power and rhythm to push you along the flats and drive you up the hills. Just like on the bike outside, we only stand to stretch the legs or have a little push.