

HEALTHY LIVING

CYCLING CLASS SCHEDULE

Cycling Schedule Winter 2014	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule Begins Thursday, Feb 6 and is subject to change	6:00-7:00am Spin John M	6:00-7:00am Spin Erin	6:00-7:00a Spin Justin	6:00-7:00a Spin John M	6:00-7:00am Spin Christen		
Child Watch Hours: Monday 8-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 8-12,4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12noon Sunday - closed			7:00-8:00a Spin Linda			7:30-8:30a Spin John M	
			8:00-9:00a Spin Linda			8:45-9:15a Intro Cycling John M	
	9:30-11:00 Spin Jen/Deb	9:30-10:30 Spin Charlene	9:30-10:30 Spin Deb	9:30-10:30 Spin Deb	9:30-10:30am Bootcamp/Spin Deb/Jen	9:30-10:30a Spin Deb/Jen	
	5:30-6:30pm Spin Justin			5:30-6:30p Spin Justin			