



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: september

CYCLING CLASS SCHEDULE

Cycling Schedule Fall 2019

Schedule begins Sunday,
September 1, 2019

Child Watch Hours:
 Monday 9-12, 4-7:30p
 Tuesday 9-12, 4-7:30
 Wednesday 9-12,4-7:30
 Thursday 9-12, 4-7:30
 Friday 9-12, 4-7:30
 Saturday 9-12 noon
 Sunday - closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a Y-Cycle Janet	5:45-6:45a Y-Cycle John	5:45-6:45a Y-Cycle Janet	5:45-6:45a Y-Cycle John	5:45-6:45a Y-Cycle Janet		
7:00-8:00a Y-Cycle Tom	7:00-8:00a Y-Cycle Keith	7:00-8:00a Y-Cycle Tom	7:00-8:00a Y-Cycle Keith	7:00-8:00a Y-Cycle Tom	7:15-8:15a Y-Cycle John	
9:30-10:30a Y-Cycle Deb	9:30-10:30a Y-Cycle Lisa	9:30-10:30a Y-Cycle Deb	9:30-10:30a Y-Cycle Lisa	8:15-9:15a Y-Cycle/Yoga Deb	9:15a-10:15a Y-Cycle Lisa	
				9:30-10:00a Express Y-Cycle Lisa		