

HEALTHY LIVING: AUGUST

CYCLING CLASS SCHEDULE

Cycling Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SUMMER 2016							
Schedule begins Monday, August 1, 2016	5:45-6:45a Y-Cycle Tom	5:45-6:45a Y-Cycle John	5:45-6:45a Y-Cycle Tom	5:45-6:45a Y-Cycle John	5:45-6:45a Y-Cycle Janet		
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30		7:00-8:00a Y-Cycle Keith		7:00-8:00a Y-Cycle Keith		7:15-8:15a Y-Cycle John	
Wednesday 9-12, 4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 noon Sunday - closed	9:30-10:30 Y-Cycle Deb	9:30-10:30 Y-Cycle Eileen	9:30-10:30 Y-Cycle Deb	9:30-10:30 Y-Cycle Jen	9:30-10:30am Y-Cycle Deb/Jen	8:30a-9:30a Y-Cycle Janet	
		5:30-6:30 Y-Cycle Keith		5:30-6:30p Y-Cycle Justin			