

HEALTHY LIVING: SEPTEMBER

CYCLING CLASS SCHEDULE

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