

SPINNING PROGRAM SCHEDULE INDOOR CYCLING STUDIO

May 09

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am		Class	Class	Class	Class	Class	
8:00am		Class		8:00-8:30 Class		Class	7:30 Class
9:00am		Class		Class			
10:00am							Class
Noon	12:45- 2pm Class		Class		Class		
4:30pm		Class		Class		Class	
5:30pm			Class	5:45 Class	Class		
7:30pm		Class	7:15pm Class		7:00- 7:30 Intro to spin 7:30- 8:30 class		

Participants must be 16yrs of age or older to participate in-group classes. 12-15 year olds may participate if accompanied by an adult. All participants are encouraged to exercise at their own pace. ***Please refrain from entering after class has begun for your safety and the safety of the class.***

Class sizes are limited due to space availability.