



Indoor Cycling Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G		Cori 5:15-5:45 AM	Stacey 5:15-6:15 AM		Tony / Stacey 5:15-6:15 AM		
		Cori 5:45-6:45 AM					
						Sue 7:30-8:15 AM	
						Tony 8:30-9:30 AM	Jen 8:30-9:30 AM
	Sue 9:15-10:15 AM		Sue 8:30-9:30 AM		Cori 9:00-10:00 AM		
E V E N I N G							Training Wheels Intro to spin Sue 10:00-11:00AM *1st Sunday of Every Month
	Tony 6:00-6:45 PM		Tony 6:00-6:45 PM	Stamina Cori 6:00-7:00 PM	Off the Chain Tony 6:15-7:15 PM *Pop up Classes Annouced Through Member ME		