

INDOOR CYCLING CLASS SCHEDULE

Effective
2/25/2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Bart 5:30-6:15am		Adult Tim 5:30-6:15am		Adult Bart 5:30-6:15am		
	Adult Lynn 8:30-9:30am	Adult Beth 8:00-9:00am	Adult Heather 8:30-9:30am			
					Adult Debbie 8:15-9:00am	
40+ PLUS & FABULOUS Jenny 4:30-5pm	Family Bonita 4:00-4:30pm	40+ PLUS & FABULOUS Jenny 4:30-5pm	Family Bonita 4:00-4:30pm	Adult Connie 4:15-5:00pm		
Family Debbie 5-5:30pm						
Adult Jennifer 6:00-6:45pm	Adult Dax 6:00-6:45pm	Adult Jennifer 6:00-6:45pm	Adult Heather 6:00-6:45 pm			

Our new Spinner bikes have pedal clips that are compatible with cycling shoes!