

Indoor Cycling Schedule

May , 2008

MONDAY

Cycle (Intervals) : CS *
6:00am 60 min | Stephanie

Cycle: CS
9:00am 45 min | Kathy

Cycle: CS
12:00pm 45 min | Diana

Cycle: CS *
4:30pm 60 min | Brenda

Cycle : CS
5:30pm 60 min | Kitty

THURSDAY

Cycle: CS *
6:15 am 45 min | Marcia

Spin Express: CS
10:30 am 45 min | Cindy

Cycle: CS *
12:00pm 60 min | Brenda

Cycle: CS
6:00 pm 60 min | Carina

TUESDAY

Cycle: CS *
6:15am 45 min | Marcia

Cycle (Beginning) : CS
9:00 am 45 min | Katie

Spin Express: CS
10:30am 45 min | Cindy

Cycle: CS *
12:00pm 60 min | Brenda

Cycle: CS
6:00 pm 60 min | Kristen

FRIDAY

Cycle: CS *
6:00am 60 min | Cindy

Cycle (Beginning) : CS
9:00 am 45 min | Katie

Cycle: CS
12:00pm 45 min | Kristen

WEDNESDAY

Cycle: CS *
6:00 am 60 min | Dave C.

Cycle: CS
7:15am 60 min | Carina

Cycle: CS
9:00 am 45 min | Kathy

Cycle: CS
12:00pm 45 min | Bret

Cycle: CS
5:30pm 60 min | Stephanie

WEEKEND

SATURDAY

Cycle: CS ♥
8:00 am 60 min | Rotating

Cycle: CS
9:15 am 60 min | Rotating

SUNDAY

Cycle: CS
8:45 am 60 min | Lisa

* Recommended to sign up in advance for this class.
Registration begins the day before class at 4pm.

