

SPINNING®



Spin Schedule

Winter 2012/13



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am Interval Sandy	8:00 am Interval Mike R	5:45 am Strength Renee	8:00 am Interval Mike R	5:45 am Endurance Charlotte	8:30 - 9:30 am Interval Charlotte	7:45 am Interval Jack
11:45 am Lunch Time Spin Mike	5:30 pm Spin Kathy	10:30 am Easy Spin June	11:30 am Spin & Pilates Kathy			9:00 am Interval Renee
5:30 pm Interval Marie	7:00 pm Spin Sandy	11:45 am Lunch time Spin Mike	5:30 pm Interval Renee			
		5:30-6:30 Spin Marie	7:00 pm Spin Sandy			
		6:30-7p Total Body Marie				