



FEBRUARY SPIN SCHEDULE - DOWNTOWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 NICOLE 6TH INTERVAL 13TH STRENGTH 20TH INTERVAL/STRENGTH 27TH ENDURANCE	6:00 - 7:00 JULIE	6:00 - 6:45 NICOLE 1st INTERVAL/STRENGTH 15TH SPEED/STRENGTH 22ND ENDURANCE	6:00 - 7:00 SUZANNE	6:45 - 7:45 LESLIE		
8:15 - 9:15 SUZANNE		8:15 - 9:15 SUZANNE		8:15 - 9:15 LUCINDA 3RD STRENGTH/SPEED 10TH STRENGTH 17TH INTERVAL/STRENGTH 24TH ENDURANCE	8:00 - 9:00 LEVEL 2/3 2/4 DANIELLE 2/11 TRACY 2/18 DAVID 2/25 NICOLE	1:30 -2:30 LESLIE/JULIE
	9:45 - 10:45 SUZANNE		9:45 - 10:45 LESLIE		FAMILY SPIN 9:30AM-10:30AM SYLKE 4TH SPEED 11TH TABATA 25TH STRENGTH	
12:15- 1:00 DANIELLE		12:15- 1:00 LEVEL 1 DANIELLE		12:15- 1:00 KIM		
5:45-6:45 SHERRY	5:30-6:30 KAREN	5:30-6:30 SYLKE 1ST STRENGTH 8TH ENDURANCE 15TH AEROBIC 29TH SPEED	5:30-6:30 KAREN		FEBRUARY 18TH ENDURANCE RIDE 9:30 - 11:30 SYLKE REGISTER AT FRONT DESK	
7:00 - 8:00 DAVID		7:00 - 8:00 MARIANNE				

REVISED 1/26/2012

Please Bring Water To All Classes!

***** FIRST TIME PARTICIPANTS*****

PLEASE TRY TO COME TO CLASS 15 MINUTES EARLY FOR INSTRUCTION