



Spinning® Schedule

November 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sign Ups start 15 minutes prior to class at front desk! Please bring towel and water bottle! to class!			1	2 9:15AM Interval SPIN chrissy	3 5:00AM Interval Ride Chrissy 5:30PM Happy Hour Chrissy	4
5 9:00AM Interval Spin Chrissy (45 -50 Minutes)	6 5:00AM Interval Ride Chrissy 5:30PM Power Hour Beth	7 5:30PM Interval Ride Tara Puitz	8	9 5:00AM Interval Ride Chrissy 9:15AM Interval SPIN Chrissy	10 5:30PM Happy Hour Tara	11
12 9:00AM Intro to SPIN Tara (30 minutes)	13 5:30PM Power Hour Beth	14 5:00AM Interval Ride Chrissy 5:30PM Interval Ride Chrissy	15 5:00AM Interval Ride Chrissy	16 9:15AM Interval SPIN chrissy	17 5:30PM Happy Hour chrissy	18
19 9:00AM Interval Spin Chrissy (45 -50 Minutes)	20 5:30PM Power Hour Beth	21 5:30PM Interval Ride Chrissy	22 5:00AM Interval Ride Chrissy	23 7:00AM Thanksgiving BURN!!! Chrissy	24 5:30PM Happy Hour chrissy	25
26 9:00AM Intro to SPIN Tara (30 minutes)	27 5:30PM Power Hour Beth	28 5:00AM Interval Ride Chrissy 5:30PM Interval Ride Tara Puitz	29	30 9:15AM Interval SPIN chrissy	1 5:00AM Interval Ride Chrissy	