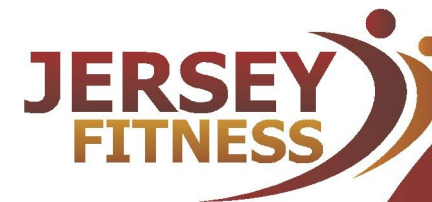




# Spinning® Schedule

## June 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div> <b>Sign Ups start 15 minutes prior to class at front desk!</b>   <b>Please bring towel and water bottle! to class!</b> </div>				1 9:15AM Interval SPIN Chrissy	2	3
4 9:00AM Interval SPIN Chrissy (45-60 Min)	5 5:30PM Power Hour Beth	6 5:30PM Interval Ride Chrissy	7 5:00AM Interval Ride Chrissy	8 5:00AM Interval Ride Chrissy  9:15AM Interval SPIN Chrissy	9 5:30PM Happy Hour Chrissy	10
11 9:00AM  Intro to SPIN Tara Puitz (30 Minutes)	12 5:30PM Power Hour Beth	13 5:00AM Interval Ride Chrissy  5:30PM Interval Ride Chad	14	15 9:15AM Interval SPIN Chrissy	16 5:00AM Interval Ride Chrissy  5:30PM Happy Hour Chrissy	17
18 9:00AM Intro to SPIN Tara Puitz (30 Minutes)	19 5:00AM Interval Ride Chrissy  5:30PM Power Hour Beth	20 5:30PM Interval Ride Chrissy	21	22 5:00AM Interval Ride Chrissy  9:15AM Interval SPIN Chrissy	23 5:30PM Happy Hour Tara Powell	24
25 9:00AM Interval Spin Chrissy (45 -50 Minutes)	26 5:30PM Power Hour Beth	27 5:00AM Interval Ride Chrissy  5:30PM Interval Ride Chad	28 5:00AM Interval Ride Chrissy	29 9:15AM Interval SPIN Chrissy	30 5:30PM Happy Hour Chrissy	