

SPINFIT Winter 2018

Winter: January 2–March 30

SCHEDULES ARE SUBJECT TO CHANGE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 – 7:00 AM			SPIN		SPIN	
9:15 – 10:15 AM	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN
12:15 – 1:00 PM					SPIN	
5:30 – 6:30 PM		SPIN				
6:00 – 7:00 PM				SPIN		
6:45 – 7:45 PM		SPIN	SPIN			
7:15 – 8:00 PM					SPIN	

Included in your membership.

Please arrive 10-15 minutes prior to your class to allow time for bike set up.
Bring a water bottle and a towel.

