



### Spinning Class Description

**SPINNING:** Spinning is for anyone who wants a great cardio workout and you don't have to be a cyclist to love this class. You will be challenged to push yourself, but you control the intensity in a non-intimidating environment. Positive energy, motivating instructors, awesome music and a great sound system will have you sweating and ready to take on the world. A few classes and you will be hooked!



# SPINNING SCHEDULE 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
5:30								5:30
6:00		Spinning (6:00-6:45)		Spinning (6:00-6:45)				6:00
6:30								6:30
7:00							7:00	
7:30							7:30	
8:00							8:00	
8:30							Spinning (8:30-9:15)	8:30
9:00			Spinning (9:00-9:45)					9:00
9:30						Spinning (9:30-10:15)		9:30
10:00								10:00
10:30							10:30	
11:00							11:00	
11:30							11:30	
12:00		Spinning (12:15-1:00)		Spinning (12:15-1:00)			12:00	
12:30								12:30
1:00							1:00	
1:30							1:30	
2:00							2:00	
2:30							2:30	
3:00							3:00	
3:30							3:30	
4:00							4:00	
4:30							4:30	
5:00							5:00	
5:30	Spinning (5:45-6:30)	Spinning (5:45-6:30)	Spinning (5:45-6:30)	Spinning (5:45-6:30)				5:30
6:00								
6:30							6:30	
7:00							7:00	
7:30							7:30	