



SPIN Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 am			GROUP SPIN TYE			7 AM
6:00 am		GROUP SPIN BOB		GROUP SPIN BOB		GROUP SPIN ALLYSON
8:00 am						
9:00 am					GROUP SPIN TARA	
6:00 pm						

HIIT CLASSES: MON - FRI : 5:30 - 6:15 - 7:15 - 8:00 - 9:15 AM
MON - THUR : 6 PM
SAT : 7:00 & 7:45 AM

SPIN CLASSES WILL BE ADDED AS WEATHER CHANGES