

August

SPINNING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15- Dan 4:45-Valerie 6-Amy N-Ins. Choice	2 6:15-Amy 9:15-Julia-Strength 6-Amy N-Fat Burn!	3 9:15-Krista 4:45-Tina-Endurance	4 6:15- Valerie 9:15-Lynsey- Interval	5 9:15-Amy- Endurance	6 8:15-Stephanie 9:30-Beth-Interval
7 9:15-Lynsey-Ins Choice	8 9:15-Dan 4:45-Molly 6-Amy N-Strength	9 6:15-Garrett 9:15--Julia- Strength 6-Jamie- Fat Burn1	10 9:15-Krista 4:45-Beth-Ins Choice	11 6:15-Garrett 9:15-Lynsey--Interval	12 9:15-Molly-Endurance	13 8:15-Amy 9:30-Krista--Strength
14 9:15-Beth- Ins Choice	15 9:15-Lynsey 4:45-Valerie 6-Amy N-Endurance	16 6:15-Garrett 9:15-Julia-Interval 6-Amy- Fat Burn1	17 9:15-Krista 4:45-Tina- Endurance	18 6:15- Amy 9:15-Jamie -Strength	19 9:15-Dan- Strength	20 8:15-Stephanie 9:30-Lynsey - Endurance
21 9:15-Amy- Ins Choice	22 9:15-Molly 4:45-Amy 6-Amy N- Ins. Choice	23 6:15-Garrett 9:15-Jamie-Interval 6-Krista F- Fat Burn1	24 9:15-Krista 4:45-Beth- Strength	25 6:15- Garrett 9:15-Lynsey- Endurance	26 9:15-Julia-Interval	27 8:15-Jennifer 9:30-Beth- Strength
28 9:15-Jamie- Ins Choice	29 9:15-Lynsey 4:45-Molly 6-Amy N- Strength	30 6:15-Garrett 9:15-Julia- Strength 6-Amy N- Fat Burn!	31 9:15-Krista 4:45-Tina- Ins Choice			

2230 GRANDVIEW DRIVE • FT. MITCHELL, KY 41017 • 859-344-9995

Sign up begins at the front desk 1/2 hour prior to class to reserve your bike. Sign up a day in advance for \$2. Set up your bike 10 minutes prior to class. Wipe down your bike after class with a green towel.