

SEPTEMBER

SPINNING



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

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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.