

MAY

SPINNING



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