

JANUARY

SPINNING



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

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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.