

SPINNING SCHEDULE

	Day	Time
Level 1	Monday	5:45 - 6:30pm
Level 2	Tuesday	6:30 - 7:15am / 10:30 - 11:15am
	Wednesday	6:00 - 7:00pm
	Thursday	6:30 - 7:30am
	Sunday	8:00 - 8:45am / 9:00 - 10:00am
	Level 3	Saturday

All spinning classes are held in Studio 1.