

# INDOOR CYCLING SCHEDULE

CLASSES ARE 45 MINUTES DURING THE WEEK, 1 HOUR SATURDAYS

## SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			8:00 AM ERIN	6 AM SANDY	7:00 AM THERESA	<u>NO CLASS</u>
5	6	7	8	9	10	11
	NO CLASS	7:00 AM THERESA  6:15 PM ERIN	8:00 AM ERIN	6 AM SANDY	7:00 AM THERESA	8 AM SANDY
12	13	14	15	16	17	18
	6:00 AM DAVID	7:00 AM THERESA  6:15 PM ERIN	8:00 AM ERIN	6 AM SANDY	7:00 AM THERESA	8 AM ERIN
19	20	21	22	23	24	25
	6:00 AM DAVID	7:00 AM THERESA  6:15PM ERIN	8:00 AM ERIN	6 AM SANDY	7:00 AM THERESA	8 AM SANDY
26	27	28	29	30		
	6:00 AM DAVID	7:00AM THERESA  6:15 PM ERIN	8:00 AM ERIN			