

SUMMER CLASS TIMETABLE EFFECTIVE MAY 18TH 2010

# SPINNING & YOGA

## SUMMER SCHEDULE

### MONDAY

**CYCLING**  
6:15pm - 7:15pm  
Nicole

### TUESDAY

### WEDNESDAY

**CYCLING**  
6:30pm - 7:30pm  
Paul

### THURSDAY

### SATURDAY

**CYCLING**  
8:15am - 9:15am  
Paul

**If you wish to cancel a reserved class, please:**

**EVENING:** cancel by 12pm same day  
**WEEKEND:** cancel by 12pm previous day

Please note that failure to cancel on time will result in you being charged for the class.

### HAVE A LARGE GROUP?

We offer group rates for spinning and yoga.

Please contact us to get more information!

SPINNING & YOGA LTD.  
**Browns**

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