

CLASS TIMETABLE EFFECTIVE JANUARY 2ND 2010

# SPINNING & YOGA

## MONDAY

**CYCLING**  
6:30am - 7:30am  
Tina

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

## TUESDAY

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

**CYCLING**  
7:30pm - 8:30pm  
Nicole

## WEDNESDAY

**CYCLING**  
6:30am - 7:30am  
Andra

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

**CYCLING**  
7:30pm - 8:30pm  
Paul

## THURSDAY

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

### HAVE A LARGE GROUP?

We offer group rates  
for spinning and yoga.

Please contact us to get  
more information!

## SATURDAY

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

**CYCLING**  
9:30am - 10:30am  
Nicole

## SUNDAY

**CYCLING**  
10:00am - 11:00am  
Paul

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