

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15 AM SPIN Carolyn		6:00 AM SPIN Barbara		6:00 AM SPIN Barbara	8:30 AM SPIN Barbara
9:15 AM David	9:15 AM SPIN Julliet	9:15 AM SPIN Barbara	9:15 AM SPIN Niki	9:15 AM SPIN Adrienne	9:15 AM SPIN Holley	
10:15 AM SPIN Sarina/Carolyn					12:45 PM SPIN Adrienne	
	6:30PM SPIN Sarina	6:00PM SPIN Duke		6:00PM SPIN Duke		
	7:30PM SPIN Barbara		8:00pm-9:00pm SPIN Barbara			

SPIN SCHEDULE

EFFECTIVE **JULY 6, 2009**



Reserving for Other Members is Prohibited
All Classes are 50-60 Minutes in Duration