

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 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 Judy	9:15 AM SPIN Adrienne	9:15 AM SPIN Adrienne	
10:15 AM SPIN Sarina/Carolyn					12:45 PM SPIN Holley	
	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 **OCTOBER 19, 2009**



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