



# Indoor Cycling Room Class Schedule

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

7/11/2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Pilates Heather 8:00-8:30am</b>				
<b>8:30-9:30am Closed for small group</b>	<b>Cycling Fusion Laura 8:30-9:30am</b>	<b>Power Pilates Heather 8:30-9:00am</b>			<b>Cycling Debbie 8:00-8:45am</b>	
			<b>Cycling Laura 9:00-9:45am</b>			
	<b>Yoga Laura 10:00-11:00am</b>		<b>Yoga Laura 10:00-11:00am</b>			
<b>Cycling Debbie 5:30-6:15pm</b>						