



Indoor Cycling Room Class Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

6/19/2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pilates Heather 8:00-8:30am				
8:30-9:30am Closed for small group	Cycling Fusion Laura 8:30-9:30am	Power Pilates Heather 8:30-9:00am			Cycling Debbie 8:00-8:45am	
			Cycling Laura 9:00-9:45am			
	Yoga Laura 10:00-11:00am		Yoga Laura 10:00-11:00am			
Cycling Debbie 5:30-6:15pm		Circuit/Cycling Sherri 5:15 pm-6:15pm				