

October 2017

INDOOR CYCLING

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	5:30am-Haley 9:00am-Staff 5:30pm Cycle X - Rebekah	5:30pm-Gregg	5:30am-Cycle X-Brandi 9:00am-Staff	5:30pm-Leslie	5:30am-Haley 9:00am-Jeanne	
8	9	10	11	12	13	14
	5:30am-Haley 9:00am-Staff 5:30pm Cycle X - Rebekah	5:30pm-Gregg	5:30am-Cycle X-Brandi 9:00am-Staff	5:30pm-Kim	5:30am-Carla 9:00am-Jeanne	
15	16	17	18	19	20	21
	5:30am-Haley 9:00am-Staff 5:30pm Cycle X - Rebekah	5:30pm-Gregg	5:30am-Cycle X-Brandi 9:00am-Staff	5:30pm-Kim	5:30am-Carla 9:00am-Brandi	
22	23	24	25	26	27	28
	5:30am-Haley 9:00am-Staff 5:30pm Cycle X - Rebekah	5:30pm-Gregg	5:30am-Cycle X-Brandi 9:00am-Staff	5:30pm-Leslie	5:30am-Carla 9:00am-Jeanne	
29	30	31	27			
	5:30am-Haley 9:00am-Staff 5:30pm Cycle X - Rebekah	5:30pm-Gregg	5:30am-Cycle X-Brandi 9:00am-Staff			Instructors Are Subject To Change

