

Spinning Schedule

December – February 2012

Thurs., Dec. 1,	7:00pm	Interval
Sun., Dec. 4,	5:00pm	Interval
Mon., Dec. 5,	5:30pm	Cycling 101
Tues., Dec. 6,	7:00pm	Strength
Thurs., Dec. 8	7:00pm	Endurance
Sun., Dec. 11,	5:00pm	Strength
Mon., Dec. 12,	5:30pm	Cycling 101
Tues., Dec. 13,	7:00pm	Interval
Thurs., Dec. 15,	7:00pm	Endurance
Sun., Dec. 18,	5:00pm	Interval
Mon., Dec. 19,	5:30pm	Cycling 101
Tues., Dec. 20,	7:00pm	Strength
Thurs., Dec. 22	7:00pm	Interval
Sun., Jan. 1,	5:00pm	Strength
Mon., Jan. 2,	5:30pm	Cycling 101
Tues., Jan. 3,	7:00pm	Interval
Thurs., Jan. 5,	7:00pm	Endurance
Sun., Jan. 8,	5:00pm	Interval
Mon., Jan. 9,	5:30pm	Endurance
Tues., Jan. 10,	7:00pm	Strength
Thurs., Jan. 12,	7:00pm	Interval
Sun., Jan. 15,	5:00pm	Strength
Mon., Jan. 16,	5:30pm	Interval
Tues., Jan. 17,	7:00pm	Interval
Thurs., Jan. 19,	7:00pm	Endurance
Sun., Jan. 22,	5:00pm	Interval
Mon., Jan. 23,	5:30pm	Endurance
Tues., Jan. 24,	7:00pm	Strength

Thurs., Jan. 26,	7:00pm	Interval
Sun., Jan. 29,	5:00pm	Strength
Mon., Jan. 30,	5:30pm	Interval
Tues., Jan. 31,	7:00pm	Interval
Thurs., Feb. 2,	7:00pm	Endurance
Sun., Feb. 5,	5:00pm	Interval
Mon., Feb. 6,	5:30pm	Endurance
Tues., Feb. 7,	7:00pm	Strength
Thurs., Feb. 9,	7:00pm	Interval
Sun., Feb. 12,	5:00pm	Strength
Mon., Feb. 13,	5:30pm	Interval
Tues., Feb. 14,	7:00pm	Interval
Thurs., Feb. 16,	7:00pm	Endurance
Sun., Feb. 19,	5:00pm	Interval
Mon., Feb. 20,	5:30pm	Endurance
Tues., Feb. 21,	7:00pm	Strength
Thurs., Feb. 23,	7:00pm	Interval
Sun., Feb. 26,	5:00pm	Strength
Mon., Feb. 27,	5:30pm	Interval
Tues., Feb. 28,	7:00pm	Interval