

May



BETTER BODIES

SPINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:15-Lynsey 4:45-Valerie 6-Tina- Ins Choice	2 6-Valerie 9:15-Julia 5:45-Shannon- Strength	3 5:45-Beth 9:15-Molly- Endurance	4 8:15-Stephanie 9:15-Tina -Strength
5 9:00-Amy- Ins Choice	6 5:45-Amy 9:15-Marcella 4:45-Lynsey 6-Tina- Interval	7 6:15-Garrett 9:15--Beth-Strength 5:45-Tina-Fat Burn1	8 9:15-Leah 4:45-Amy 6-Shannon- Ins. Choice	9 6-Valerie 9:15-Molly 5:45-Shannon- Strength	10 5:45-Alexis-Spin/Lift 9:15-Leah- Interval 6-Spin Happy hour! Sign up at front desk to ensure your bike. Refreshments!	11 8:15-Stephanie 9:15-Julia--Strength
12 9:00-Lynsey- Ins Choice Happy Mother's Day!	13 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Strength	14 6:15-Garrett 9:15--Molly-Endurance 5:45--Tina-Fat Burn1	15 9:15-Leah 4:45-Valerie 6-Tina- Interval	16 6-Valerie 9:15-Julia 5:45-Shannon- Endurance	17 5:45-Andy 9:15-Amy -Strength	18 8:15-Stephanie 9:15-Dan-Endurance
19 9:00-Alexis- Ins Choice	20 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Ins. Choice	21 6:15-Garrett 9:15-Beth-Interval 5:45-Tina-Fat Burn1	22 9:15-Lynsey 4:45-Amy 6-Shannon-Endurance	23 6-Valerie 9:15-Julia 5:45-Shannon- Strength	24 5:45-Beth 9:15-Valerie- Interval	25 8:15-Stephanie 9:15-Tina- Strength
26 9:00-Molly- Ins Choice	27 9:15-Amy- Ins Choice Happy Memorial Day!	28 6:15-Garrett 9:15-Marcella- Ins. Choice 5:45-Tina-Fat Burn 1	29 9:15-Leah 4:45-Valerie 6-Tina-Strength	30 6-Valerie 9:15-Julia 5:45-Shannon- Endurance	31 5:45-Alexis-Spin/Lift 9:15-Dan- Interval	

Sign up begins at the front desk 1/2 hour prior to class to reserve your bike. Sign up a day in advance for \$2. Set up