



Spinning® Schedule

February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5AM STRENGTH RIDE CHRISSY 5:30PM Happy Hour CHRISSY	2
3 9:00AM Intro Spin Tara (30 Minutes)	4 5AM INTERVAL SPIN CHRISSY 5:30PM Express Maura (30 Minutes)	5 5:30PM Interval Ride Chrissy	6 5:00AM ENDURANCE RIDE Chrissy 5:30 PM SPIN & SCULPT Tara Puitz	7 9:15AM Interval SPIN Chrissy	8 5AM STRENGTH RIDE CHRISSY 5:30PM Happy Hour Tara Powell	9
10 9:00AM Intro Spin Tara Puitz (30 Minutes)	11 5AM INTERVAL SPIN CHRISSY 5:30PM Express Maura (30 Minutes)	12 5:30PM Interval Ride Chrissy	13 5AM ENDURANCE CHRISSY 5:30 Interval Spin Tara Puitz	14 9:15AM Interval SPIN Chrissy	15 5:00AM STRENGTH Chrissy 5:30PM Happy Hour Tara Puitz	16
17 9:00AM Intro Spin Tara (30 Minutes)	18 5:00AM Interval Ride Chrissy 5:30PM Express Chrissy (30 Minutes)	19 5:30PM Interval Ride Chrissy	20 5AM ENDURANCE RIDE CHRISSY 5:30PM SPIN-N-Sculpt Tara Puitz	21 9:15AM Interval SPIN Chrissy	22 5AM STRENGTH CHRISSY 5:30PM Happy Hour Chrissy	23
24 9:00AM Intro Spin Tara (30 Minutes)	25 5AM INTERVAL SPIN CHRISSY 5:30PM Express Chrissy (30 Minutes)	26 5:30PM Interval Ride Chrissy	27 5:00AM ENDURANCE RIDE Chrissy 5:30PM SPIN-N-Sculpt Tara Puitz	28 9:15AM Interval SPIN Chrissy		