



# Spinning Schedule

## Sunday

9:45am-10:25am with Lynda C.

## Monday

12:15pm-1:00pm *BEGINNER SPIN* with Tania  
5:30pm-6:15pm with Sharon

## Tuesday

6:15am-7:00am with Gina

## Wednesday

12:15pm-12:45 with Sharon  
5:30pm-6:15pm with Linda B.

## Thursday

6:00pm-6:45pm with Steve

## Friday

6:15am-7:00am with Lisa  
12:15pm-1:00pm with Linda B.

## Saturday

8:45am-9:45am *BEGINNER SPIN* with Patti

**You must sign up 24 hours in advance**

**Please arrive 10 minutes before class**  
**Be sure to bring a towel and water!**