

# Indoor Cycling Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00 am <i>Susan♥</i>	5:15-6:00 am <i>Doreen♥</i>	5:15-6:00 am <i>Paul♥</i>	5:15-6:00 am <i>Liz/Susan♥</i>	5:15-6:00 am <i>Doreen♥</i>	7:00-7:45 am <i>Julia♥</i>	
6:15-7:00 am NEW!! <i>Joan♥</i> <i>Begins June 1st</i>					8:30-9:15 am <i>Julia♥</i>	9:00-9:45 am High Endurance <i>Gil♥</i>
	12:30-1:15 pm NEW!! <i>Joan♥</i> <i>Begins June 2nd</i>		12:30-1:15 pm <i>Jim♥</i>			
6:00-7:00 pm <i>Trish S.♥</i>	6:00-7:00 pm <i>Trish S.♥</i>	6:00-7:00 pm <i>Trish S.♥</i>	5:30-6:30 pm <i>Linda♥</i>	Sign-ups for cycling begin 24 hours prior to the class. Sign-ups for Monday's 5:15 am class begin on Sunday at 7:00 am. Sign-ups for Monday's 6:00 pm class begin on Sunday at 4:00 pm.		