

# Indoor Cycling Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
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>Julia♥</i>	7:00-7:45 am <i>Julia♥</i>	9:00-9:45 am High Endurance <i>Gil♥</i>
	12:30-1:15 pm <i>Joan♥</i>		12:30-1:15 pm <i>Jim♥</i>		8:30-9:15 am <i>Julia♥</i>	
6:00-6:45 pm <i>Trish♥</i>	6:00-6:45pm Beginner Cycle & Strength <i>Trish♥</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.		

Fall, 2009  
at the Wallingford YMCA