


November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>The use of a heart rate monitor is suggested in</i>		<i>Class Descriptions are on the back of the Spinning s schedule</i>	<i>E-Endurance ExS-Express Spin I-Interval S-Strength</i>		1 <i>9:00AM-Andrea-VT</i>	2 <i>9:30AM-Andrea-VT</i>
3	4 <i>9:00AM—Sue S-VT</i> <i>5:45-6:30PM-Andrea-ExS</i>	5 <i>5:45PM-Andrea-I</i>	6 <i>9:00AM-Sue S-S</i>	7	8 <i>9:00AM-Andrea-VT</i>	9 <i>9:30AM-Andrea-VT</i>
10	11 <i>9:00AM—Sue S-VT</i> <i>5:45-6:30PM-Andrea-ExS</i>	12 <i>5:45PM-Andrea-I</i>	13 <i>9:00AM—Sue S--S</i>	14	15 <i>9:00AM-Andrea-VT</i>	16 <i>9:30AM-Andrea-VT</i>
17	18 <i>9:00AM-Sue S-VT</i> <i>5:45-6:30PM-Andrea</i>	19 <i>5:45PM-Andrea-I</i>	20 <i>9:00AM—Sue S-S</i>	21	22 <i>9:00AM-Andrea-VT</i>	23 <i>9:30AM-Andrea-VT</i>
24	25 <i>9:00AM-Sue S-VT</i> <i>5:45-6:30PM-Andrea-ExS</i>	26 <i>5:45PM-Andrea-I</i>	27 <i>9:00AM-Sue S-S</i>	28	29 <i>9:00AM-Andrea-VT</i>	30 <i>9:30AM-Andrea-VT</i>

Sign up at the front desk ! Bikes/spots are limited to only 15 per class.