



# October 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Class Descriptions are on the back of the Spinning s schedule.</i>	<b>E-Endurance</b> <b>ExS-Express Spin</b> <b>I-Interval</b> <b>S-Strength</b>		<b>1</b> <b>9:00AM-Sue S-S</b>	<b>2</b>	<b>3</b> <b>9:00AM-Sue H-VT</b>	<b>4</b> <b>9:30AM-Andrea-VT</b>
<b>5</b>	<b>6</b> <b>9:00AM—Sue S-VT</b> <b>5:45-6:30PM-Andrea</b>	<b>7</b> <b>5:45PM-Andrea-I</b>	<b>8</b> <b>9:00AM-Sue S-S</b>	<b>9</b>	<b>10</b> <b>9:00AM-Sue H-VT</b>	<b>11</b> <b>9:30AM-Andrea-VT</b>
<b>12</b>	<b>13</b> <b>9:00AM—Sue S-VT</b> <b>5:45-6:30PM-Andrea-ExS</b>	<b>14</b> <b>5:45PM-Andrea-I</b>	<b>15</b> <b>9:00AM—Sue S-S</b>	<b>16</b>	<b>17</b> <b>9:00AM-Sue H-VT</b>	<b>18</b> <b>9:30AM-Andrea-VT</b>
<b>19</b>	<b>20</b> <b>9:00AM-Sue S-VT</b> <b>5:45-6:30PM-Andrea</b>	<b>21</b> <b>5:45PM-Andrea-I</b>	<b>22</b> <b>9:00AM—Sue S-S</b>	<b>23</b>	<b>24</b> <b>9:00AM-Sue H-VT</b>	<b>25</b> <b>9:30AM-Andrea-VT</b>
<b>26</b>	<b>27</b> <b>9:00AM-Sue S-VT</b> <b>5:45-6:30PM-Andrea-ExS</b>	<b>28</b> <b>5:45PM-Andrea-I</b>	<b>29</b> <b>9:00AM—Sue S-S</b>	<b>30</b>	<b>31</b> <b>9:00AM-Sue H-VT</b>	

Sign up on the Summit app 24 hours in advance!