

January 2026



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

Sign up on the Summit app 24 hours in advance!