

# May 2026



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

**Sign up on the Summit app 24 hours in advance!**