

# Valhalla Health & Fitness Club

#610 779-6006

## Group Cycling Studio

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:00 -7:00a.m. <b>Interval Cycling</b> (Jen)		6:00 – 7:00a.m. <b>Interval Cycling</b> (Jen)			8:30 – 9:30a.m. <b>Interval Cycling</b> (Rotating Instr)	
	9:15 – 10:00a.m. <b>Interval Cycling</b> (Lisa)	9:15 – 10:00a.m. <b>Interval Cycling</b> (Dori)				9:30 – 10:30a.m. <b>Interval Cycling</b> (Rotating Instr.)
5:30 – 6:00p.m. <b>Xpress Cycle</b>			5:30 – 6:00p.m. <b>Xpress Cycling</b>			
6:15 – 7:00p.m. <b>Interval Cycling</b>	6:15 – 7:15p.m. <b>Interval Cycling</b> (Lindsey)	6:15 – 7:15p.m. <b>Interval Cycling</b> (Lindsey)	6:15 – 7:00p.m. <b>Interval Cycling</b>			