

Valhalla Health & Fitness Club

#610 779-6006

Group Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00a.m. Interval Cycling (Jen)		6:00 - 7:00a.m. Interval Cycling (Jen)			8:30 - 9:30a.m. Interval Cycling (Rotating Instr)	
	9:15 - 10:00a.m. Interval Cycling (Heidi)	9:15 - 10:00a.m. Interval Cycling (Dori)				9:30 - 10:30a.m. Interval Cycling (Rotating Instr.)
10:45 - 11:15a.m. Xpress Cycling (Janet)						
5:30 - 6:00p.m. Xpress Cycling (Lindsey)		5:30-6:00p.m. Xpress Cycling (Lindsey)	5:30 - 6:00p.m. Xpress Cycling (Lindsey)	5:30 - 6:30p.m. Interval Cycling (Kathy)		
6:10 - 7:00p.m. Interval Cycling (Lindsey)	6:15 - 7:00p.m. Interval Cycling (Beth)	6:15 - 7:00p.m. Interval Cycling (Lindsey)	6:10 - 7:00p.m. Interval Cycling (Joli)			