

# CYCLING STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00a.m. Interval Cycling (Brett)		6:00 - 7:00a.m. Interval Cycling (Jen)		6:00 - 7:00a.m. Interval Cycling (Jen)	8:30 - 9:30a.m. Interval Cycling (Rotating Team)	
	9:15 - 10:00a.m. Interval Cycling (Heidi)	9:15 - 10:00a.m. Interval Cycling (Dori)		9:15 - 10:00a.m. Interval Cycling (Steph)		9:30 - 10:30a.m. Interval Cycling (Rotating Team)
5:30 - 6:00 p.m. Xpress Cycling (Heather)	5:30 - 6:15p.m. Interval Cycling (Beth)	5:30 - 6:15p.m. Interval Cycling (Lindsey) <b>*New Finish Time</b>	5:30 - 6:15p.m. Interval Cycling (Lindsey)	<b>Friday Night Cycle</b> 5:30 - 6:30 p.m. July 22 <sup>nd</sup> Aug. 5 <sup>th</sup> and 19 <sup>th</sup> Sept. 2 <sup>nd</sup> , 16 <sup>th</sup> & 30 <sup>th</sup> Oct. 14 <sup>th</sup> and 28 <sup>th</sup>		
6:10 - 7:00p.m. Interval Cycling (Heather)						