


Winter SPINNING Schedule

See front desk for CLINIC SCHEDULE

Effective: 1/2/07 - 4/1/07

Sign up is required for all Spinning classes

MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 - 6:30 <i>DEB</i>	5:45 - 6:30 <i>DEB</i>	5:45 - 6:30 <i>CHERIE</i>	5:45 - 6:30 <i>ANNE</i>	5:45 - 6:30 <i>KELLEY</i>		
					7:00 - 7:45 <i>DEB</i>	
9:00 - 9:45 <i>LAURA</i>				9:00 - 9:45 <i>TERRY</i>	8:00 - 8:45 <i>ANNE</i>	8:15 - 9:00 <i>LISA</i>
	9:15 - 10:00 <i>ANNE</i>		9:15 - 10:00 <i>ANDREA</i>		9:00 - 9:45 <i>TERRY</i>	9:15 - 10:00 <i>JEFF</i>
	10:15 - 10:45 Gentle Spin <i>TERRY</i>		10:15 - 10:45 Gentle Spin <i>MAUREEN</i>		10:00 - 10:30 EXPRESS Spin <i>JEFF</i>	10:10 - 11:00 CARTER
12:30 - 1:15 <i>ANDREA</i>		11:45 - 12:15 EXPRESS Spin <i>MAUREEN</i>		12:30 - 1:15 <i>ANDREA</i>		
5:00 - 5:45 <i>CHRIS</i>	5:15 - 6:00 <i>MAUREEN</i>	5:30 - 6:15 <i>ALLIE</i>	5:15 - 6:00 <i>ALLIE</i>	5:30 - 6:15 <i>JEFF</i>		5:00 - 5:45 <i>TERRY</i>
6:00 - 6:45 <i>JEFF</i>	6:15 - 7:00 <i>CHERIE</i>	7:00 - 7:45 <i>TERRY</i>	6:15 - 7:00 <i>MAUREEN</i>			
					<p>Sign up is required for all Spinning classes.</p> <p>COURT HOUSE <i>Plus</i> <i>Fitness & Wellness Center</i> 47 Hartford Turnpike, Vernon, CT 06066 (860) 649-0597 www.courthouseplus.com</p>	