


# Spring SPINNING Schedule

See front desk for CLINIC SCHEDULE

Effective: 3/31/08 - 6/29/08

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>		
		7:15 - 8:00 <i>JEFF</i>			7:00 - 7:45 <i>DEB</i>	
9:05 - 10:00 <i>ANNE</i>				9:05 - 9:50 <i>LAURA</i>	8:00 - 8:45 <i>LAURA</i>	8:00 - 8:45 <i>LISA</i>
	9:15 - 10:00 <i>ANNE</i>		9:15 - 10:00 <i>MAUREEN</i>		9:00 - 10:00 <i>TERRY</i>	9:00 - 10:00 <i>JEFF</i>
						
12:30 - 1:15 <i>LAURA</i>				12:30 - 1:15 <i>ANDREA</i>		
				4:45 - 5:30 <i>JEFF</i>		4:00 - 5:00 <i>TERRY</i>
5:30 - 6:15 <i>JEFF</i>	5:30 - 6:15 <i>TERRY</i>	5:30 - 6:15 <i>LISA</i>	5:30 - 6:15 <i>TERRY</i>	<p><i>Pick up a copy of the monthly Group Fitness Experience Calendar for a schedule of our special classes!</i></p> <p><b>Sign up is required for all Spinning classes.</b></p> <p><b>COURT HOUSE PLUS</b> <i>Fitness &amp; Wellness Center</i></p> <p><b>(860) 649- 0597</b> www.courthouseplus.com</p>		
	6:30 - 7:15 <i>CHERIE</i>					