


Summer SPINNING Schedule

See front desk for CLINIC SCHEDULE
Sign up is required for all Spinning classes

Effective: 6/21/10 - 9/5/10

MON	TUE	WED	THUR	FRI	SAT	SUN
5:45 - 6:30 DEB		5:45 - 6:30 DEB		5:45 - 6:30 KELLEY		
		7:15 - 8:00 ANNE			7:00 - 7:45 DEB	
8:15 - 9:00 JENNIFER					8:00 - 8:45 LAURA	8:00 - 8:45 LISA
	9:15 - 10:00 ANNE		9:15 - 10:00 LAURA	9:15 - 10:00 LAURA	9:05 - 10:05 AUGUST	9:05 - 10:00 ANNE
						
				4:45 - 5:30 JULIE		
5:30 - 6:15 ANDREA	5:45 - 6:30 KELLEY		5:45 - 6:30 LISA	<p>Pick up a copy of the monthly Group Fitness Experience Calendar for a schedule of our special classes!</p> <p>Sign up is required for all Spinning classes.</p>		
		6:30 - 7:15 AUGUST		<p>COURT HOUSE PLUS <i>Fitness & Wellness Center</i></p> <p>(860) 649- 0597 www.courthouseplus.com</p>		
				<p><i>Schedule SpinningSummer 07 Portrait.xls</i></p>		