


# Winter SPINNING Schedule

See front desk for CLINIC SCHEDULE

Effective: 1/1/10 - 3/21/10

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>ANNE</i>	5:45 - 6:30 <i>KELLEY</i>		
		7:15 - 8:00 <i>JEFF</i>			7:00 - 7:45 <i>DEB</i>	
8:15 - 9:00 <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>LAURA</i>		9:05 - 10:05 <i>AUGUST</i>	9:05 - 10:05 <i>JEFF</i>
						
12:15 - 1:00 <i>ANDREA</i>		12:15 - 1:00 <i>LAURA</i>				
				4:45 - 5:30 <i>JEFF</i>		
5:30 - 6:15 <i>JEFF</i>	5:30 - 6:15 <i>ANDREA</i>	5:30 - 6:15 <i>LISA</i>	5:30 - 6:15 <i>JEFF</i>	<p>Pick up a copy of the monthly Group Fitness Experience Calendar for a schedule of our special classes!</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>(860) 649- 0597 www.courthouseplus.com</p>		
		6:30 - 7:15 <i>AUGUST</i>		<p>4:00 - 5:00 <i>GEORGE</i> As of 1/10/10</p>		

