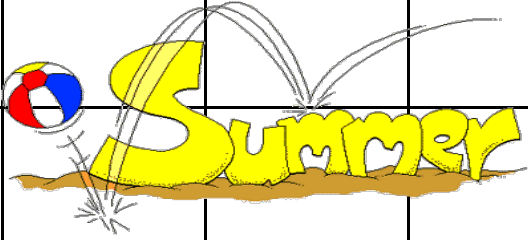




SUMMER

CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:30AM - 6:25AM Herb		Cycle 5:30AM - 6:25AM Keith	Express Cycle (30) 6:00am-6:30am Patrick	Cycle 5:30AM - 6:25AM Herb		
Cycle 9:15AM - 10:10AM Tami		Cycle 9:15AM - 10:10AM Patrick		Cycle 9:30AM - 10:25AM Sierra	Cycle 9:00AM - 9:55AM Mallory	Cycle 8:30AM - 9:25AM Sierra
						
	Swim Team Cycle 5:15PM - 6:00PM Jennifer *(swim team only)				Family Cycle (45) 10:15am-11:00am Jennifer	
	Beginning Cycle (45) 6:00PM - 6:45PM Jennifer	HIIT Cycle 6:15PM - 7:10PM Sierra	Cycle 6:30PM - 7:25PM Samantha			