

# Spin Schedule for September 2010

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If you would like to know who is teaching the classes, call the club at **248-642-8500**. **All Schedules are subject to change due to unforeseen circumstances.**  
**Changes in Schedule are highlighted in RED**

<b>AT =</b>	All Terrain	Flats, jumps, sprints & Climbs at 65% - 85% MHR
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SUNDAY		MONDAY		TUESDAY		WED		THURSDAY		FRIDAY		SATURDAY			
				Sunday 7:45a Spin is back 9-12											
				Spin-n-yoga Fridays 9:30-11a											
						1 5:45a 9:30a  6:00p		AT StrengthSpin  AT		2 8:15a 9:30a  6pm		AT AT  AT			
5 9am		6 Club		7 8:15a 9:30a  6:30p		8 5:45a 9:30a  6:00p		AT StrengthSpin  AT		9 8:15a 9:30a  6pm		AT AT  AT			
		Closed		AT Spin-n-pilates 90 Min  AT				AT StrengthSpin  AT		10 5:45a 7:00a  9:30a		11 7:00a 8:15a 9:30a			
12 7:45a 9am		13 5:45a 8:15a 9:30a  6:00p		14 8:15a 9:30a  6:30p		15 5:45a 9:30a  6:00p		AT StrengthSpin  AT		16 8:15a 9:30a  6pm		17 5:45a 7:00a  9:30a		18 7:00a 8:15a 9:30a	
		AT AT  AT		AT AT AT  AT		AT Spin-n-pilates 90-min  AT		AT StrengthSpin  AT		AT AT  AT		AT AT  Spin-n-Yoga 90 min		AT AT AT	
19 7:45a 9am		20 5:45a 8:15a 9:30a  6:00p		21 8:15a 9:30a  6:30p		22 5:45a 9:30a  6:00p		AT StrengthSpin  AT		23 8:15a 9:30a  6pm		24 5:45a 7:00a  9:30a		25 7:00a 8:15a 9:30a	
		AT AT  AT		AT AT AT  AT		AT Spin-n-pilates 90-min  AT		AT StrengthSpin  AT		AT AT  AT		AT AT  Spin-n-Yoga 90 min		AT AT AT	
26 7:45a 9am		27 5:45a 8:15a 9:30a  6:00p		28 8:15a 9:30a  6:30p		29 5:45a 9:30a  6:00p		AT StrengthSpin  AT		30 8:15a 9:30a  6pm					
		AT AT  AT		AT AT AT  AT		AT Spin-n-pilates 90-min  AT		AT StrengthSpin  AT		AT AT  AT					