Spin Schedule for March 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

AT =	All Terrain	Flats, jumps, sprints & Climbs at 65% - 85% MHR

SUNDAY		MONDAY		TUESDAY		WED		THURSDAY		FRIDAY		SATURDAY	
		1 5:45a 8:15a 9:30a 6:00p	AT AT Spin-n-core AT	2 8:15a 9:30a 6:30p	AT Spin-n-pilates AT	3 5:45a 9:30a 6:00p	AT StrengthSpin AT	4 8:15a 9:30a 6pm	AT AT AT	5 5:45a 7:00a 9:30a	AT AT Spin-n-Yoga	6 7:00a 8:15a 9:30a 3-5pm	AT AT AT Race Day Energy Zone
7 7:45a 9am 9-6p	AT AT Insructor Cert.	8 5:45a 8:15a 9:30a 6:00p	AT AT Spin-n-core Strength(90) AT	9 8:15a 9:30a 6:30p	AT Spin-n-pilates 90-min AT	10 5:45a 9:30a 6:00p	AT StrengthSpin AT	11 8:15a 9:30a 6pm	AT AT AT	12 5:45a 7:00a 9:30a	AT AT Spin-n-Yoga 90 min	13 7:00a 8:15a 9:30a	AT AT AT
14 7:45a 9am	AT AT	15 5:45a 8:15a 9:30a 6:00p	AT AT Spin-n-core Strength(90) AT	16 8:15a 9:30a 6:30p	AT Spin-n-pilates 90-min AT	17 5:45a 9:30a 6:00p	AT StrengthSpin AT	18 8:15a 9:30a 6pm	AT AT AT	19 5:45a 7:00a 9:30a	AT AT Spin-n-Yoga 90 min	20 7:00a 8:15a 9:30a	AT AT AT
21 7:45a 9am	AT AT	22 5:45a 8:15a 9:30a 6:00p	AT AT Spin-n-core Strength(90) AT	23 8:15a 9:30a 6:30p	AT Spin-n-pilates 90-min AT	24 5:45a 9:30a 6:00p	AT StrengthSpin AT	25 8:15a 9:30a 6pm	AT AT AT	26 5:45a 7:00a 9:30a	AT AT Spin-n-Yoga 90 min	27 7:00a 8:15a 9:30a	AT AT AT
28 7:45a 9am	AT AT												