

AUGUST 2017 SPINNING CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:45a B&B SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	2 5:45a XP SHIRIN 9:30a B&B AMY S 6pm XP ADRIENNE	3 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	4 5:30a AT LIZ 8:30a XP SHIRIN	5 7a AT MALKY 8:15a AT AMY K 9:30a B&B MEGAN
6 9a AT LIZ	7 8:30a XP AMY S 9:30a B&B AMY S 6pm AT NIKKI	8 5:45a B&B SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	9 5:45a XP CINDY 9:30a B&B AMY S 6pm XP MALKY	10 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	11 5:30a AT LIZ 8:30a XP SHIRIN	12 7a AT MALKY 8:15a AT AMY K 9:30a B&B MEGAN
13 9a AT LIZ	14 8:30a XP AMY S 9:30a B&B SHIRIN 6pm AT NIKKI	15 5:45a B&B SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	16 5:45a XP CINDY 9:30a B&B AMY S 6pm XP ADRIENNE	17 8:30a XP JOE 9:30a ULT PATTY. 6pm B&B MEGAN	18 5:30a AT NIKKI 8:30a XP SHIRIN	19 7a AT SHIRIN 8:15a AT AMY K 9:30a B&B MEGAN
20 9 a AT JEN	21 8:30a XP JEN 9:30a B&B SHIRIN 6pm AT NIKKI	22 5:45a B&B SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	23 5:45a XP CINDY 9:30a B&B JOE 6pm XP ADRIENNE	24 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	25 5:30a AT LIZ 8:30a XP SHIRIN	26 7a AT SHIRIN 8:15a AT AMY K 9:30a B&B MALKY
27 9 a AT JEN	28 8:30a XP AMY S 9:30a B&B SHIRIN 6pm AT NIKKI	29 5:45a B&B SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	30 5:45a XP CINDY 9:30a B&B AMY S 6pm XP ADRIENNE	31 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	CLASS FORMAT GUIDE: AT = All Terrain: 60 MIN SPRINTS, JUMPS, CLIMBS, & INTERVALS XP = Express: 45 MIN CLASS ULT -Ultimate Spin: 60 MIN. W/WEIGHT CIRCUIT INTERVALS B&B = Bike & Burn: EXPRESS W/15 MIN WEIGHT CIRCUIT	