

MAY 2017 SPINNING CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div style="border: 2px solid black; padding: 5px;"> <p>MAY changes THUR 6PM B&B VS AT</p> </div>	1 8:30a XP AMY S 9:30a B&B AMY S 6pm AT NIKKI	2 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	3 5:45a AT CINDY 9:30a B&B AMY S 6pm XP MEGAN	4 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	5 5:30a AT LIZ 8:30a XP SHIRIN	6 7a AT AMY S 8:15a AT AMY K <hr/> 9:30a DJ SHIRIN	
	7 9a AT JEN	8 8:30a XP AMY S 9:30a B&B SHIRIN 6pm AT NIKKI	9 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	10 5:45a AT CINDY 9:30a B&B AMY S 6pm XP MEGAN	11 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	12 5:30a AT LIZ 8:30a XP SHIRIN	13 7a AT SHIRIN 8:15a AT AMY K 9:30a AT MEGAN
	14 9a AT LIZ	15 8:30a XP SHIRIN 9:30a B&B AMY S 6pm AT AMY S	16 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	17 5:45a AT CINDY 9:30a B&B AMY S 6pm XP SHIRIN	18 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	19 5:30a AT CINDY 8:30a XP SHIRIN	20 7a AT SHIRIN 8:15a AT AMY K 9:30a AT MEGAN
21 9 a AT JEN	22 8:30a XP AMY S 9:30a B&B SHIRIN 6pm AT AMY S	23 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	24 5:45a AT CINDY 9:30a B&B AMY S 6pm XP SHIRIN	25 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	26 5:30a AT LIZ 8:30a XP SHIRIN	27 7a AT SHIRIN 8:15a AT AMY K 9:30a AT MEGAN	
28 9 a AT LIZ	29 <p style="text-align: center;"><u>CLUB CLOSED</u></p>	30 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	31 5:45a AT CINDY 9:30a B&B AMY S 6pm XP MEGAN	<p>CLASS FORMAT GUIDE: AT = All Terrain: 60 MIN FLAT, 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 AFTER</p>			