

JUNE 2017 SPINNING CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				1 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	2 5:30a AT LIZ 8:30a XP SHIRIN	3 7a AT AMY S 8:15a AT AMY K 9:30a AT MEGAN
4 9a AT NIKKI	5 8:30a XP AMY S 9:30a B&B SHIRIN 6pm AT NIKKI	6 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	7 5:45a AT CINDY 9:30a B&B AMY S 6pm XP MEGAN	8 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	9 5:30a AT LIZ 8:30a XP SHIRIN	10 7a AT AMY S 8:15a AT AMY K 9:30a DJ SHIRIN
11 9a AT JEN	12 8:30a XP AMY S 9:30a B&B AMY S 6pm AT NIKKI	13 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	14 5:45a AT CINDY 9:30a B&B AMY S 6pm XP MEGAN	15 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	16 5:30a AT LIZ 8:30a XP SHIRIN	17 7a AT SHIRIN 8:15a AT AMY K 9:30a AT MEGAN
18 9 a AT JEN	19 8:30a XP AMY S 9:30a B&B SHIRIN 6pm AT NIKKI	20 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	21 5:45a AT SHIRIN 9:30a B&B AMY S 6pm XP ADRIENNE	22 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	23 5:30a AT LIZ 8:30a XP SHIRIN	24 7a AT SHIRIN 8:15a AT AMY K 9:30a AT MEGAN
25 9 a AT JEN	26 8:30a XP AMY S 9:30a B&B AMY S 6pm AT NIKKI	27 5:45a XP SHIRIN 8:30a XP JEN 9:30a ULT MEGAN	28 5:45a AT CINDY 9:30a B&B AMY S 6pm XP ADRIENNE	29 8:30a XP M.NELSON 9:30a ULT PATTY 6pm B&B MEGAN	30 5:30a AT LIZ 8:30a XP SHIRIN	