

Fall/Winter Schedule Start SEPTEMBER 14

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM			Spinning® Carmen				
7:30 AM				Qi Gong w/ Jaimie	Spinning® Martha		
9 AM	Spinning® Cristina		Spinning® Martha		Spinning® Martha	Mat Pilates Martha	Spinning® Andrea
10 AM	Yin Yoga Karin		Mat Pilates Martha		Ball/Mat Martha	Spinning® Martha	Gentle Yoga Tia
11 AM							
12:15 PM			Walk, Jog, Run w/ Victoria \$5 Non Members/Class Pass Holders	Spin/Flex 30 min Martha			
4:30 PM							
5:30PM	Spinning® & Stretch Janet	Spinning® Michelle	Spinning® & Stretch Martha	Spinning® Martha			
6:30 PM		Gentle Yoga Amber		Gentle Yoga Nikkoel			

*New to Spinning®? Please come 15 min early for a bike fit.

Beginners can join any class and ride at your own pace.

*Classes outside of café hours please enter through the back door.

Introductory Trial \$50 for 14 consecutive days or 14 classes

Purchase Options: 5 Class Passes, 10 Class Pass & month to month or annual memberships are available.

Book a class online: www.pedalworkscafe.com