

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM			Spinning® Nate		Spinning® Nate		
9 AM	Spinning® Martha		Spinning® Martha		Spinning® Martha	8:45 Gentle Yoga Nikkoel	Spinning® Andrea
10 AM	Yin Yoga Karin		Mat Pilates Martha	QiGong Joanne	Ball/Mat Martha	Spinning® Martha	Gentle Yoga Tia
11 AM							
12 PM							
4:30 PM							
5:30PM	Spinning® Erin	Spinning® Jay	Spinning® Martha	Spinning® Martha			
6:30 PM	Gentle Yoga Erin	Gentle Yoga Amber	Ball/Mat Martha	Mat Pilates Martha			

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

Book a class online: www.pedalworkscafe.com