

Winter Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM			Spinning® Carmen *please sign up by 9PM the night before class.				
7:30 AM		Spinning® Kelly *please sign up by 9PM the night before class.			Spinning® Kelly *please sign up by 9PM the night before class.		
9 AM	Spinning® Kelly		Spinning® Martha		Spinning® Martha	Mat Pilates Martha Donna	Spinning® Andrea
10 AM	Yin Yoga Karin		Mat Pilates Martha		Ball/Mat Martha	Spinning® Martha	Gentle Yoga Tia
11 AM						Spinning® Molly	
12:00PM	Qi Gong Amandina						
4:30 PM							
5:30PM	Spinning® & Stretch Janet	Spinning® Michelle	Spinning® & Stretch Martha	Spinning® Martha			
6:30 PM		Gentle Yoga Amber		Warm Stretch & Facia Release Martha			

*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

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

Book a class online: www.pedalworkscafe.com