

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:30AM			Spinning® <b>Nate</b>		Spinning® <b>Nate</b>		
9 AM	Spinning® <b>Martha</b>		Spinning® <b>Martha</b>		Spinning® <b>Martha</b>	8:45 Gentle Yoga <b>Nikkoel</b>	Spinning® <b>Andrea</b>
10 AM	Yin Yoga <b>Karin</b>	BallWerks <b>Martha</b>	Mat Pilates <b>Martha</b>		Ball/Mat <b>Martha</b>	Spinning® <b>Martha</b>	Yin Yoga <b>Tia</b>
11 AM						*Intro to Spinning®	
12 PM							
4:30 PM	Outdoor Gravel Ride		Spinning® <b>Martha</b>				
5:30PM		Spinning® <b>Martha</b>	Ball/Mat <b>Martha</b>	Spinning® <b>Martha</b>			
6:30 PM		Gentle Yoga <b>Amber</b>		Mat Pilates <b>Martha</b>			

\*You may attend any scheduled Spinning class just come 15min early to get bike fit.