

## GROUP EXERCISE ROOM SCHEDULE

| Time     | Monday                                                                              | Tuesday                                                                             | Wednesday                                                                           | Thursday                                                                             | Friday                                                                              | Saturday                                                                                     |
|----------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 5:00     |    |    |    |    |  |                                                                                              |
| 8:15     |    |    |    |    |  | 8:00<br>  |
| 9:15     |    |    |    |    |  | 9:00<br>  |
| 10:30    |    |    |    |    |  | 10:00<br> |
| 12:15 PM |    |    |    |    |  |                                                                                              |
| 4:45 PM  |    |    |    |    |                                                                                     |                                                                                              |
| 5:30 PM  |   |   |   | STAFF<br>DEVELOPMENT                                                                 |                                                                                     |                                                                                              |
| 6:30 PM  |  |  |  |  |                                                                                     |                                                                                              |

## CYCLING SCHEDULE

|         |                                                                                     |                                                                                     |                                                                                     |                                                                                      |  |  |
|---------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--|--|
| 8:15    |                                                                                     |  |                                                                                     |  |  |  |
| 6:00 PM |  |                                                                                     |  |                                                                                      |  |  |

