



INDOOR CYCLING SCHEDULE

DAY	TIME	INSTRUCTOR
Monday	7:00–7:45 am	Ela
Monday	5:30–6:15 pm	Marcie
Tuesday	9:30–10:15 am	Laurie
Wednesday	7:00–7:45 am	Jen
Wednesday	5:30–6:15 pm	Marcie
Thursday	9:30–10:15 am	Ela
Thursday	7:15–7:45 pm (Cardio Express!)	Ela
Friday	7:00–7:45 am	Jen
Saturday	7:45–8:30 am	Sam
Sunday	7:45–8:30 am	Sam

SIGN UP ONLINE 23-HOURS IN ADVANCE