



# Mystic Branch: Spinning Schedule

Renovation-Fall 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00AM Jen		5:15-6:00AM Noreen		5:15-6:00AM Karina/Pam		
	5:45-6:30AM Nancy		6:00-6:45AM Pam		6:00-6:55AM Jen <i>Triathlon Training</i> <i>*Registration Required*</i>	
			8:15-9:00AM Kris-Anne			8:00-9:00AM Pam/ KA /Stacey
9:30-10:25AM Kris-Anne		9:45-10:45AM Dorothy		9:15-10:00AM Cheryl	9:00-9:55AM Karina/Doug	
	11:00-12:00PM Tara		5:50-6:30PM Cheryl <b>Spin Intervals</b>			
6:15-7:00PM Tim	6:00-7:00PM Cheryl	6:00-6:45PM Kris-Anne				

- All Spin classes, except the Triathlon Training class, are included in the membership. The Triathlon Training class is a registered class.
- Registration opens 24 hours in advance. Contact the Welcome Center to secure your spot, space is limited!
- The schedule is subject to change at any time due to Y events. Stay up to date by checking out our website or Facebook page!