



Mystic Branch: Spinning Schedule

Fall I August 28, 2017– October 22, 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		5:45-6:30 AM Pam		6:00-6:55AM Jen <i>Triathlon Training</i> <i>*Registration Required*</i>	
			8:30-9:15AM Kris-Anne			8:00-9:00AM Pam/ KA /Stacey
9:00-10:00AM Kris-Anne	9:30-10:30AM Tara	9:30-10:30AM Dorothy		9:30-10:30AM Cheryl	9:00-10:00AM Karina/Doug	
			5:30-6:30PM Cheryl Spin Intervals	10:45-11:45AM Kris-Anne Beginners class <i>*Last Friday of the month only*</i>		
6:00-6:45PM 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!