



Mystic Branch: Spinning Schedule

Fall October 1 - October 14, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00AM Pam	5:45-6:30AM Nancy	5:15-6:00AM Jen		5:15-6:00AM Jen		
			8:15-8:55AM Kris-Anne			
9:30-10:25AM Kris-Anne		9:45-10:30AM Dorothy		9:15-9:55AM Cheryl	9:00-9:55AM Doug/Karina	9:00-10:00AM Elizabeth
	10:00-10:45AM Cheryl					
5:00-5:45PM Kris-Anne	5:00-5:55PM Elizabeth	5:00-5:55PM Jen SPIN INTERVALS		5:00-6:00PM Nicole		
	6:00-7:00PM Cheryl	6:00-6:45PM Elizabeth				

- 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!