



Mystic Branch: Spinning Schedule

Fall September 4 - September 30, 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!