



Mystic Branch: Spinning Schedule

Spring I February 26 - April 22, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00AM Pam	5:45-6:25AM Nancy	5:15-6:00AM Noreen				
			8:15-8:55AM Kris-Anne		7:00-8:55AM Jen <i>Triathlon Training</i> <i>*Registration Required*</i>	
9:30-10:25AM Kris-Anne		9:45-10:30AM Dorothy		9:15-9:55AM Cheryl	9:00-9:55AM Doug	9:00-10:00AM Elizabeth
	11:00-11:45AM Dorothy					
5:00-5:55PM Sarah	5:00-5:55PM Elizabeth		5:50-6:35PM Cheryl Spin Intervals			
	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!