



Spin Studio Schedule

Spin Studio @ Naik Family Branch YMCA

July 5th - August 20th

1 Harry Austin Drive
Mystic, CT 06355
(860) 536-3575

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Spin Tim T 5:15am - 6am		Spin Jen M 5:15am - 6am		Spin Jen M 5:15am - 6am		
7am		Spin Kyla A 7am - 7:45am		Spin Kyla A 7am - 7:45am	Spin Heather B 7am - 7:45am		
8am			Spin (HIIT) Kyla A 8am - 8:30am				Spin Kyla A 8am - 8:45am
9am			Spin Bill P 9:15am - 10am			Spin Bill P 9:15am - 10am	
4pm				Spin Billi-Jean K 4:30pm - 5:15pm			
5pm		Spin Kris-Anne K 5:30pm - 6:15pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.