

# Spin Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Spin w/ Lisa  1 Hour		**Spin w/ Emily	Spin w/ Audra  1 Hour		
6:45 AM			**Power Spin w/ Christine E*  30 Min				
8:00 AM						**Spin w/ Various, 1st Saturday of the month is beginner's Spin	8:30 AM: Spin w/ Audra
9:15 AM	Spin w/ Lauren*		Spin w/ Marilyn	Spin w/ Natalie S	Spin w/ Marilyn		
5:30 PM		Spin w/ Emily		Spin w/ Marilyn			
6:15 PM	Spin w/ Marilyn		Spin w/ Marilyn				
7:00 PM		**Spin w/ Audra		**Spin w/ Lauren*			
	*New Instructor	**New Class or New Timeslot					

All classes are 45 minutes unless stated otherwise!