

Spring 2020 Spin/TRX/Barre Fusion Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:15-6:00am <i>Julie</i>	Spin 5:15-6:00am <i>Julie</i>	Spin 5:15-6:00am <i>Gary</i>	Spin 8:30-9:15am <i>Marylou</i>	Spin 5:15-6:00am <i>Julie</i>	Ripped Ride 6:30-7:30am <i>Alan</i>	Spin 7:15-8:00am <i>Jen</i>
TRX 8:00-8:45am <i>Tina</i>	Spin 8:30-9:15am <i>Marylou</i>	Spin/Stretch 8:45-9:45am <i>Judy</i>	Spin 5:45-6:30pm <i>Tricia</i>	Spin/Abs 8:30-9:30am <i>Nikki</i>	Endurance Spin 7:45-8:45am <i>Alan</i>	Spin 8:15-9:00am <i>Marcia</i>
Spin 9:00-9:45am <i>Jen</i>	Barre Fusion/ TRX 9:30-10:15am <i>Dianne</i>	Spin 5:30-6:15pm <i>Tracy</i>	TRX 6:45-7:30pm <i>Katie M./Kate E.</i>			TRX 9:15-10:00am <i>Marcia</i>
Spin 5:45-6:30pm <i>Tricia/Tracy</i>	Endurance Spin 5:30-6:30pm <i>Marcia</i>					
Barre Fusion 6:45-7:45pm <i>Shayna</i>	TRX 6:45-7:30pm <i>Marcia</i>					



Fitness. Family. Community.

