

Group Cycling Schedule

Monday 11/29/2010	Tuesday 11/30/2010	Wednesday 12/1/2010	Thursday 12/2/2010	Friday 12/3/2010	Saturday 12/4/2010	Sunday 12/5/2010
Indoor Cycling 8:00-9:00 AM Studio 2, Randy H.	Indoor Cycling 5:45-6:45 AM Studio 2, Sue O.	Beginning VO2 Max 8:00-9:00 AM Studio 2, Randy H./DawnMarie S.	Indoor Cycling 5:45-6:45 AM Studio 2, Jacquette T.	Indoor Cycling 8:00-9:00 AM Studio 2, Randy H./Jacquette T.	VO2Max 8:00-9:30 AM Studio 2, Staff Rotates	Indoor Cycling 9:15-10:15 AM Studio 2, Carol W.
Indoor Cycling 12:15-1:15 PM Studio 2, Jill W.		Indoor Cycling 12:15-1:15 PM Studio 2, Bob L.				
Indoor Cycling 6:00-7:00 PM Studio 2, Mark H.			Indoor Cycling 6:00-7:00 PM Studio 2, Ali I.			

Group Cycling Schedule

Monday 12/6/2010	Tuesday 12/7/2010	Wednesday 12/8/2010	Thursday 12/9/2010	Friday 12/10/2010	Saturday 12/11/2010	Sunday 12/12/2010
Indoor Cycling 8:00-9:00 AM Studio 2, Randy H.	Indoor Cycling 5:45-6:45 AM Studio 2, Sue O.	Beginning VO2 Max 8:00-9:00 AM Studio 2, Randy H./DawnMarie S.	Indoor Cycling 5:45-6:45 AM Studio 2, Jacquette T.	Indoor Cycling 8:00-9:00 AM Studio 2, Randy H./Jacquette T.	VO2Max 8:00-9:30 AM Studio 2, Staff Rotates	Indoor Cycling 9:15-10:15 AM Studio 2, Carol W.
Indoor Cycling 12:15-1:15 PM Studio 2, Jill W.		Indoor Cycling 12:15-1:15 PM Studio 2, Bob L.				
Indoor Cycling 6:00-7:00 PM Studio 2, Mark H.			Indoor Cycling 6:00-7:00 PM Studio 2, Ali I.			