

## Group Cycling Schedule

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

### Group Cycling Schedule

| Monday 9/13/2010  | Tuesday 9/14/2010   | Wednesday 9/15/2010   | Thursday 9/16/2010  | Friday 9/17/2010   | Saturday 9/18/2010                                       | Sunday 9/19/2010   |
|---|---|---|---|--|--|--|
| <b>Indoor Cycling</b><br>8:00-9:00 AM<br>Studio 2, Randy H. | <b>Indoor Cycling</b><br>5:45-6:45 AM<br>Studio 2, Sue O. | <b>Beginning VO2 Max</b><br>8:00-9:00 AM<br>Studio 2, Randy H./DawnMarie S. | <b>Indoor Cycling</b><br>5:45-6:45 AM<br>Studio 2, Jacquette T. | <b>Indoor Cycling</b><br>8:00-9:00 AM<br>Studio 2, Randy H./Jacquette T. | <b>VO2Max</b><br>8:00-9:30 AM<br>Studio 2, Staff Rotates | <b>Indoor Cycling</b><br>9:15-10:15 AM<br>Studio 2, Carol W. |
| <b>Indoor Cycling</b><br>12:15-1:15 PM<br>Studio 2, Jill W. |   | <b>Indoor Cycling</b><br>12:15-1:15 PM<br>Studio 2, Bob L.                  |   |  |  |  |
| <b>Indoor Cycling</b><br>6:00-7:00 PM<br>Studio 2, Mark H.  |   |   | <b>Indoor Cycling</b><br>6:00-7:00 PM<br>Studio 2, Ali I.       |  |  |  |