



# SPINNING SCHEDULE

Effective February 1-29, 2024

Please bring your own water bottle and towel.

## DAVIS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM	Lisa		Sarah		Lisa/ Ashleigh	
8:00-8:45 AM		Marla LesMills RPM		Lisa		
8:00-9:00 AM						Stephanie
8:30-9:30 AM	Melanie		Melanie		Marisa 45 min class	<b>Sunday</b>
1:30-2:30 PM						Sarah
4:45-5:30 PM	Marla LesMills RPM					
6:00-6:45 PM			Candace			
6:30-7:15 PM		Ashleigh		Mary Jo		

Bikes are first come first serve. Please bring your own headset.

## CENTRAL YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 AM		John		John		
8:00-9:00 AM						Marlene
8:30-9:30 AM	Meri Cycle & Sculpt	Lisa 50 min class	Lynn Cycle & Sculpt	Sandy	Melanie 45 min class	
4:30-5:15 PM		Sandy		Lynn		
5:30-6:30 PM	Chris		Pammy			

\*No spinning towels will be available.