



**STUDIO CYCLING  
SCHEDULE**  
begins Jan. 4, 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am Karin		5:45 am Jane		5:45 am Jane/ Lucy		
9:15 am Britta plus abs	9:00 am Judy		9:15 am Britta plus abs	9:15 am Karin	9:15 am Alternate Instruc.	
					10:30 am Judy	12:30 pm Lucy
6:00 pm Jane/ Lucy	6:00 pm Eunice	6:00 pm Maira				

Token, towel and water bottle are **REQUIRED** for entry into class.  
Tokens are available at the Welcome Center 30 min. before class time.