



**STUDIO CYCLING
SCHEDULE
begins July 1, 2010**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am Karin		5:45 am Jane		5:45 am Jane/ Lucy		
9:15 am Judy plus abs	9:15 am Judy		9:15 am Gwen	9:15 am Karin	9:15 am Alternate Instruc.	
6:00 pm Jane/ Lucy	6:00 pm Darin/ Lucy		6:15 pm Gwen**/ Darin			

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

****Thurs, July 17, class will begin at 6:00 pm.**

There are NO classes July 3 & 4, 2010.