

Indoor Cycling Schedule  
Late Fall 2008  
Oct. 27 - Dec. 21

Cycling Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Cycling		Cycling		Cycling		
5:45 AM	(5:30-6:30)		(5:30-6:30)		(5:30-6:30)		
6:00 AM	Janelle		Janelle		Janelle		
6:15 AM							
6:30 AM		Cycling		Cycling			
6:45 AM		(6:30-7:15)		(6:30-7:15)			
7:00 AM		Melissa		Melissa			
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM						Cycling	
8:15 AM						(8-8:45)	
8:30 AM						Rebecca/Dawn	
8:45 AM							
9:00 AM	Cycling		Cycling (9		Cycling (9		
9:15 AM	(9-10:00)		10:00) Paul		10:00)		
9:30 AM	Mary				Mary		
9:45 AM							
10:00 AM						Triathlon	Cycling (10
10:15 AM						Cycling	11) Melissa
10:30 AM						(10:00-12:00)	
10:45 AM						Paul	
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM	Cycling		Cycling				
12:30 PM	(12:15-1:00)		(12:15-1:00)				
12:45 PM	Melissa		Melissa				
1:00 PM		Ageless Wonders		Ageless			
1:15 PM		(1:00-1:30)		Wonders(1:00-			
1:30 PM		Janelle/		1:30) Janelle/			
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM	Cycling	Cycling (4	Cycling (4	Cycling			
4:15 PM	(4-4:45)	5:00) Mary	4:45)	(4-5:00)			
4:30 PM	Kathleen S		Joanne	Mary			
4:45 PM							
5:00 PM							
5:15 PM	Cycling		Intro 2 Cycling		Cycling		
5:30 PM	(5:15-6:15)		(5:15-6:15)		(5:15-6:00)		
5:45 PM	Bev		Bill		Bob		
6:00 PM							
6:15 PM		Cycling		Cycling			
6:30 PM	Cycling	(6:15-7:15)	Cycling	(6:15-7:15)			
6:45 PM	(6:30-7:30)	Bill	(6:30-7:30)	Bill			
7:00 PM	Dawn		Dawn				
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							
9:00 PM							