




START TIMES	Classes are 45 minutes	Exceptions: 30 m * 60 m **	EDITED 11/9/21	LOCATIONS KEY:			C CYCLING STUDIO		
		MON	TUE	WED	THU	FRI	SAT	SUN	
5 AM		EARLY BIRD CYCLING MIKE 5:15 AM C		EARLY BIRD CYCLING MIKE 5:15 AM C		EARLY BIRD CYCLING MIKE 5:15 AM C			
8 AM							DESTINATION CYCLING: ITALY 11/13 SHAUN 8:15 AM ** C Register @ desk		SPECIAL GR FIT EVENTS: \$2.50 FEE FOR THEMED W/ VIDEO/SNACK
5 PM		T3 CYCLING DEANNA 5:15 PM C	BEAT RIDE EMILY 5:15 PM C	T3 CYCLING DEANNA 5:15 PM C	BEAT RIDE EMILY 5:15 PM C		CLOSE 5 PM	CLOSE 3 PM	
6 PM				EVENING CYCLE SHAUN 6:30 PM C					CYNDI HUNT HEALTHY LIVING DIR CELL PHONE 815/386-0720

CLASSES ARE SUBJECT TO CHANGE.