



Central YMCA's Spinning Schedule Begins October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45AM		John V.		John V			
8:00-9:00AM						Marlene	
8:30-9:30AM		Lisa		Sandy			
9:00-10:00AM	Lisa		Beth		Beth		
1:30-2:30PM							Sunday November 4th
4:30-5:30PM		Marlene		Lynn			
5:30-6:30PM	Shannon		Chris		Pammy		
6:15-7:15PM		Janice		Melanie			



Davis YMCA's Spinning Schedule Begins October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30AM	Janet		Janet		Lisa		
8:30-9:30AM	Melanie		Melanie		Mary Jo	Melanie/Kim	
9:30-10:30AM		April		Lisa			
10:00-11:00AM						Robert	
1:00-2:00PM							Melanie/Kim
5:30-6:30PM	April		Candace				
6:00-7:00PM		Robert		Robert			

Please bring Water Bottle, Headset and Towel