



SPINNING SCHEDULE

Effective November 1—30, 2020

Please bring your own water bottle and towel.

DAVIS FAMILY YMCA

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|----------|----------|-----------|----------------------|-----------------------|----------|----------|
| 5:30-6:30 AM | Ashleigh | | Janet | | Lisa/ Ashleigh | | |
| 7:45-8:45 AM | | Carly | | | | | |
| 8:00-9:00 AM | | | | Lisa | | | |
| 8:30-9:30 AM | Melanie | | Melanie | | Janet 45 min class | Melanie | |
| 1:00-2:00 PM | | | | | | | Ashleigh |
| 4:45-5:30 PM LesMills RPM | Marla | | | | | | |
| 5:30-6:30 PM | | | Candace | | | | |
| 6:45-7:30 PM 45 min express class | | Ashleigh | | Melanie/ Ashleigh | | | |

Bike registration required through the MINDBODY App.

17 Bikes available per class. Please bring your own headset.

CENTRAL YMCA

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|----------------|---------|-----------|----------|---------|----------|
| 5:45-6:45 AM | | John | | John | | |
| 8:30-9:30 AM | Meri 45 min | Lisa | | Sandy | Melanie | |
| 9:00-10:00 AM | | | | | | Marlene |
| 10:00-10:45 AM | | | | | | |
| 4:30-5:15 PM | | Sandy | | Lynn | | |
| 5:30-6:30 PM | Chris | | | | | |
| 5:00-5:45 PM | | | Pammy | | | |

Bike registration required through the MINDBODY App.

*15 Bikes available per class. *No spinning towels will be available. No headset required.