



# SPINNING SCHEDULE

Effective December 1—31, 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.