



CARLETON UNIVERSITY

GROUP CYCLING

FALL 2016 & WINTER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPIN INTO GEAR 7:00 - 8:00 AM		SPIN INTO GEAR 7:00 - 8:00 AM		
	SPIN & STRENGTH 10:00 - 11:00 AM		SPIN YOGA 9:00 - 10:00 AM		ENDURANCE SPINNING FOR TRIATHLETES 9:00 - 11:00 AM
SPIN 101 12:05 - 12:55 PM	SPIN CORE 12:05 - 12:55 PM	YOUR SPIN YOUR WAY 12:05 - 12:55 PM	SPIN ON 12:05 - 12:55 PM	SPIN 101 12:05 - 12:55 PM	
FULL CYCLE 5:00 - 6:00 PM	BOOTY SPIN 5:00 - 6:00 PM	SWEAT & RYHTHM 4:45 - 5:45 PM	DESTINATION SPIN 5:00 - 6:00 PM	STRESS BLASTER SPIN 4:45 - 5:45 PM	
SPIN BOOT CAMP & YOGA STRETCH 6:30 - 8:00 PM	TABATA TUESDAYS SPIN 7:00 - 8:00 PM	SPIN 101 6:30 - 7:30 PM	SPIN BOOT CAMP & YOGA STRETCH 6:30 - 8:00 PM		

GROUP CYCLING ROOM