



GROUP CYCLING CUFIT PASS

FALL 2017 & WINTER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Spin Into Gear 7:00 - 8:00		Spin Into Gear 7:00 - 8:00		Spin 9:30 - 10:30
Spin 101 12:05 - 12:55	Spin Core 12:05 - 12:55	Spin On 12:05 - 12:55	Spin & Strength 12:05 - 12:55	Spin 101 12:05 - 12:55	
Full Cycle 5:00 - 6:00	Sweat & Rhythm 5:00 - 6:00	Spin 101 6:30 - 7:30	Booty Spin 5:00 - 6:00		
Spin Boot Camp & Yoga Stretch 6:30 - 8:00					

Group Cycling Room