



SUMMER SCHEDULE: 6/1/10 THRU 9/6/10

Spinning, Sports Yoga and SASY* Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:15 am	SASY		SASY		SASY		
7:15 am	Sports Yoga	End/Strgth Spin	Sports Yoga	Interval Spin	Sports Yoga		
8:15 am	End/Strgth Spin	Sports Yoga	Interval Spin	Sports Yoga	End/Strgth Spin		
9:30 am						75 min End/Strgth Spin	
10:00 am							Interval Spin
11:00 am						Sports Yoga	Sports Yoga
NOON	Sports Yoga	End/Strgth Spin	SASY	Interval Spin	Sports Yoga		
5:15 pm	Interval Spin	Sports Yoga	End/Strgth Spin	Sports Yoga	Interval Spin		
6:15 pm	Sports Yoga	Interval Spin	Sports Yoga	End/Strgth Spin	Sports Yoga		

***SASY is 30 minutes of Spinning and 30 minutes of Sports Yoga**