

| MON  | TUE  | WED  | THU  | FRI   | SAT   | SUN  |
|--|--|--|--|---|---|--|
| 5:30 – 6:30am<br><b>SpinCamp*</b><br><i>Sharon</i>       | 5:45 - 6:30am<br><b>Studio Cycle*</b><br><i>Sharon</i>   |  | 5:45 - 6:30am<br><b>Studio Cycle*</b><br><i>Sharon</i>   |   |   |  |
| 7:15 - 8:00am<br><b>Studio Cycle*</b><br><i>Patti</i>    |  |  |  |   | 8:00 – 8:55am<br><b>Studio Cycle*</b><br><i>Claudia</i>   |  |
| 9:15 - 10:00am<br><b>Studio Cycle*</b><br><i>Vanessa</i> | 9:30 - 10:15am<br><b>Studio Cycle*</b><br><i>Cecilia</i> | 9:15 - 10:00am<br><b>Studio Cycle*</b><br><i>Cecilia</i>     | 9:00 – 9:45am<br><b>Studio Cycle*</b><br><i>Claudia</i>  | 9:15 - 10:00am<br><b>Studio Cycle*</b><br><i>Donna</i>  | 9:15 – 10:00am<br><b>Studio Cycle*</b><br><i>Claudia</i>  | 9:00 – 9:45am<br><b>Studio Cycle*</b><br><i>Amanda</i>     |
|  |  | 10:30 - 11:15am<br><b>Theme Ride: OLDIES</b><br><i>Donna</i> |  |   | 10:30 - 11:15am<br><b>Studio Cycle*</b><br><i>Cecilia</i> | 11:15am – 12:00pm<br><b>Studio Cycle*</b><br><i>Amanda</i> |
|  |  | 4:30 – 5:15pm<br><b>Studio Cycle*</b><br><i>Patti</i>        |  |   |   |  |
| 5:30 – 6:15pm<br><b>Studio Cycle*</b><br><i>Cecilia</i>  | 5:30 - 6:15pm<br><b>Studio Cycle*</b><br><i>Erica</i>    |  | 5:30pm – 6:15pm<br><b>Studio Cycle*</b><br><i>Amanda</i> | 5:30 – 6:15pm<br><b>Studio Cycle*</b><br><i>Vanessa</i> |   |  |
| 7:00 - 7:45pm<br><b>Studio Cycle*</b><br><i>Cecilia</i>  |  | 6:15 - 7:00pm<br><b>Studio Cycle*</b><br><i>Vanessa</i>      |  |   |   |  |
|  |  |  | 7:30 - 8:15pm<br><b>Studio Cycle*</b><br><i>Vanessa</i>  |   |   |  |

\*All Studio Cycle classes require a reservation

Shaded classes are off peak

You can sign up for classes online! Sign-ups open 3 days prior to the class start time!



## *Just a few reminders!*

- No cell phone use is permitted in Studio Cycle Classes!
- At the end of class, please raise your seat and handlebar to their highest level and wipe the posts down with a dry towel. Use wet wipes to clean non-metallic surfaces only.
- Classes averaging fewer than 10 participants may be dropped in future months.
- If you are not present at the start of class, you forfeit your spot. We will fill the open spot on a “first come, first served” basis with priority given to members on the waitlist.
- Reservations can be made 72 hours in advance at the front desk, over the phone, or on your iClub account online.
- Check in is required. No-shows will subject to a fee.