

SEPTEMBER



# group cycling

# MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Group Cycling   Michelle 11:00-11:45 am (C2)
2 <b>Labor Day</b>  RPM   <b>NO CLASS</b> 12:00-12:45 pm (C2)  EPIC Cycling   <b>NO CLASS</b> 4:30-5:00 pm (C2)  RPM   <b>NO CLASS</b> 5:30-6:30 pm (C2)	3  RPM   Kerri 5:30-6:15 am (C2)  Group Cycling   Amber 9:00-9:45 am (C2)  RPM   Yvonne 5:30-6:15 pm (C2)	4  RPM   Michelle 5:30-6:15 am (C2)  Group Cycling   Lauren 12:00-12:45 am (C2)  EPIC Cycling   Karen 4:30-5:00 pm (C2)  RPM   Karen 5:30-6:30 pm (C2)	5  Group Cycling   Kaylee 5:30-6:15 am (C2)  RPM   Tammy 9:00-9:45 am (C2)	6  RPM   Julie 5:30-6:15 am (C2)  Group Cycling   Alyssa 9:00-9:45 am (C2)	7  POWER CYCLING   Karen 8:30-9:30 am (C2)	8  Group Cycling   Davina 11:00-11:45 am (C2)
9  Spin & Sculpt   Kaylee 5:30-6:15 am (C2)  RPM   Alyssa 12:00-12:45 pm (C2)  EPIC Cycling   Karen 4:30-5:00 pm (C2)  RPM   Karen 5:30-6:30 pm (C2)	10  RPM   Kerri 5:30-6:15 am (C2)  Group Cycling   Amber 9:00-9:45 am (C2)  RPM   Julie 5:30-6:15 pm (C2)	11  RPM   Michelle 5:30-6:15 am (C2)  Group Cycling   Lauren 12:00-12:45 am (C2)  EPIC Cycling   Kerri 4:30-5:00 pm (C2)  RPM   TBD 5:30-6:30 pm (C2)	12  Group Cycling   Kaylee 5:30-6:15 am (C2)  RPM   Tammy 9:00-9:45 am (C2)	13  RPM   Michelle 5:30-6:15 am (C2)  Group Cycling   Lauren 9:00-9:45 am (C2)	14  POWER CYCLING   Alyssa 8:30-9:30 am (C2)	15  Group Cycling   Michelle 11:00-11:45 am (C2)
16  Spin & Sculpt   Kaylee 5:30-6:15 am (C2)  RPM   Alyssa 12:00-12:45 pm (C2)  EPIC Cycling   Davina 4:30-5:00 pm (C2)  RPM   Alyssa 5:30-6:30 pm (C2)	17  RPM   Kerri 5:30-6:15 am (C2)  Group Cycling   Amber 9:00-9:45 am (C2)  RPM   Davina 5:30-6:15 pm (C2)	18  RPM   Michelle 5:30-6:15 am (C2)  Group Cycling   Lauren 12:00-12:45 am (C2)  EPIC Cycling   Kerri 4:30-5:00 pm (C2)  RPM   Yvonne 5:30-6:30 pm (C2)	19  Group Cycling   Kaylee 5:30-6:15 am (C2)  RPM   Tammy 9:00-9:45 am (C2)	20  RPM   Yvonne 5:30-6:15 am (C2)  Group Cycling   Lauren 9:00-9:45 am (C2)	21  POWER CYCLING   Yvonne 8:30-9:30 am (C2)	22  Group Cycling   Davina 11:00-11:45 am (C2)
23/30  Spin & Sculpt   Kaylee 5:30-6:15 am (C2)  RPM   Alyssa 12:00-12:45 pm (C2)  EPIC Cycling   Davina 4:30-5:00 pm (C2)  RPM   Davina 5:30-6:30 pm (C2)	24  RPM   Kerri 5:30-6:15 am (C2)  Group Cycling   Amber 9:00-9:45 am (C2)  RPM   Yvonne 5:30-6:15 pm (C2)	25  RPM   Michelle 5:30-6:15 am (C2)  Group Cycling   Lauren 12:00-12:45 am (C2)  EPIC Cycling   Davina 4:30-5:00 pm (C2)  RPM   Davina 5:30-6:30 pm (C2)	26  Group Cycling   Kaylee 5:30-6:15 am (C2)  RPM   Tammy 9:00-9:45 am (C2)	27  RPM   Julie 5:30-6:15 am (C2)  Group Cycling   Alyssa 9:00-9:45 am (C2)	28  POWER CYCLING   TBD 8:30-9:30 am (C2)	29  Group Cycling   Davina 11:00-11:45 am (C2)

**PLEASE NOTE:** Instructor schedules are posted at the beginning of the month and are subject to change.