

CYCLING SCHEDULE

COMPLIMENTARY GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00AM RIDE NEAL		6:00-7:00AM RIDE LINDA		6:00-7:00AM RIDE TIM		
	8:15-9:00AM RHYTHM RIDE WHITNEY		8:15-9:15AM RIDE DENNIS		8:00-8:45AM RHYTHM RIDE BRITTANY	
9:30-10:30AM RIDE BARBARA		9:30-10:15AM RHYTHM RIDE STEPHANIE		9:30-10:30AM RIDE BARBARA		9:00-10:00AM RIDE JEN
	12:00-12:50PM RIDE STACEY	12:00-12:50PM RIDE KIM	12:00-12:45PM RHYTHM RIDE MEG			
5:30-6:15PM RHYTHM RIDE CAMERON	5:30-6:30PM RIDE GERRY	5:30-6:15PM RHYTHM RIDE WHITNEY				

EFFECTIVE FEBRUARY 1, 2025

UPDATED 1.20.25