

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		
			8:15-9:15AM RIDE DENNIS		8:00-8:45AM RHYTHM RIDE BRITTANY	
9:30-10:30AM RIDE BARBARA	9:30-10:30AM RIDE STU	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				
5:30-6:15PM RHYTHM RIDE CAMERON	5:30-6:30PM RIDE GERRY	5:30-6:15PM RHYTHM RIDE WHITNEY	5:30-6:30PM RIDE CAROL			

EFFECTIVE MARCH 1, 2025

UPDATED 2.24.25