

Spring 2019 Spin/TRX/Barre Fusion Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:15-6:00am <i>Julie</i>	Spin 5:15-6:00am <i>Julie</i>	Spin 5:15-6:00am <i>Gary</i>	Spin 5:15-6:00am <i>Tammy</i>	Spin 5:15-6:00am <i>Julie</i>	Ripped Ride 6:15-7:15am <i>Alan</i>	Spin 7:15-8:00am <i>Shaunna</i>
TRX 8:15-9:00am <i>Tina</i>	Spin 8:30-9:15am <i>Marylou</i>	Spin 8:45-9:30am <i>Judy</i>	Spin 8:30-9:15am <i>Marylou</i>	Spin/Abs 8:30-9:30am <i>Nikki</i>	Endurance Spin 7:30-8:30am <i>Alan</i>	Spin 8:15-9:00am <i>Marcia</i>
Spin 9:15-10:00am <i>Chantal</i>	Barre Fusion/ TRX 9:45-10:30am <i>Dianne</i>	TRX 9:35-10:20am <i>Chantal</i>	Spin 5:45-6:30pm <i>Gary</i>		TRX 8:45-9:30am <i>Tina/Melissa</i>	TRX 9:15-10:00am <i>Marcia</i>
Spin 5:30-6:15pm <i>Mark</i>	Endurance Spin 5:30-6:30pm <i>Marcia</i>	Spin 5:30-6:15pm <i>Tracy</i>	TRX 6:45-7:30pm <i>Katie M.</i>		Intro to TRX 9:30-10:15am (Mar 9 - Mar 30) <i>Tina/Melissa</i>	
Barre Fusion 6:45-7:45pm <i>Shayna</i>	TRX 6:45-7:30pm <i>Marcia</i>					



Fitness. Family. Community.