

SPINNING SCHEDULE

APRIL 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6:00 am-7:00 am - AO 11:30 am-12:30 pm - MT (GYM)	2 8:15-9:15 am – GT (GYM)
3	4 6:00 am-7:00 am - RV 11:30 am-12:30 pm- MT (GYM) 6:30 pm-7:30pm – AO (GYM)	5 5:15 am-6:15 am – SD 8:30 am-9:30 am – MD (Spin & Sculpt) 5:30 pm-6:30 pm – MT (Spin & Stretch)	6 6:00 am-7:00 am - SD 11:30 am-12:30 pm - JF Spin & Sculpt (GYM) 6:30 pm-7:30pm – AO (GYM)	7 5:15 am-6:15 am - LB (Spin & Sculpt) 4:30pm-5:30pm – MD 5:30pm-6:30pm – JS (Spin & Stretch)	8 6:00 am-7:00 am - RV 11:30 am-12:30 pm – JF (GYM)	9 8:15-9:15 am – AO (GYM)
10	11 6:00 am-7:00 am - RV 11:30 am-12:30 pm- JF (GYM) 6:30 pm-7:30pm – AO (GYM)	12 5:15 am-6:15 am - LB 8:30 am-9:30 am – MD (Spin & Sculpt) 5:30pm-6:30pm – JS (Spin & Stretch)	13 6:00 am-7:00 am - SD 11:30 am-12:30 pm - JF Spin & Sculpt (GYM) 6:30 pm-7:30 pm – AO (GYM)	14 5:15 am-6:15 am - LB 4:30pm-5:30pm – MD 5:30pm-6:30pm – JS (Spin & Stretch)	15 6:00 am-7:00 am - RV 11:30 am-12:30 pm – JF (GYM)	16 8:15-9:15 am – GT (GYM)
17	18 6:00 am-7:00 am - RV 11:30 am-12:30 pm- JF (GYM) 6:30 pm-7:30pm – AO (GYM)	19 5:15 am-6:15 am – LB 8:30 am-9:30 am – MD (Spin & Sculpt) 5:30pm-6:30pm – JS (Spin & Stretch)	20 6:00 am -7:00 am – SD 11:30 am-12:30 pm- JF Spin & Sculpt (GYM) 6:30 pm-7:30 pm –AO (GYM)	21 5:15 am-6:15 am - LB (Spin & Sculpt) 4:30pm-5:30pm – SD 5:30pm-6:30pm – JS (Spin & Stretch)	22 6:00 am-8:00 am – SD 11:30 am-12:30 pm – MT (GYM)	23 8:15-9:15 am – MT (GYM)
24	25 6:00 am-7:00 am – RV 11:30 am-12:30 pm- MT (GYM) 6:30 pm-7:30 pm – AO (GYM)	26 5:15 am-6:15 am - LB 8:30 am-9:30 am – MD (Spin & Sculpt) 5:30 pm-6:30 pm – MT (Spin & Stretch)	27 6:00 am -7:00 am – SD 11:30 am-12:30 pm - JF Spin & Sculpt (GYM) 6:30 pm-7:30 pm - AO	28 5:15 am-6:15 am - LB (Spin & Sculpt) 4:30pm-5:30pm – MD 5:30pm-6:30pm – JS (Spin & Stretch)	29 6:00 am-7:00am - RV 11:30 am-12:30 pm - JF	30 8:15-9:15 am – GT (GYM)

Instructors: Leanne Boyd (LB), Mary Dabkowski (MD), Shawna Dulin (SD), Joanne Fairbanks (JF), Ailynn Orteza (AO), Lori Sherlock (LS), Jennifer Sivak (JS), Garreth Sutton (GS), Georgette Taylor (GT), Mike Taylor (MT), Rob Voorhees (RV), ****Please see the bulletin board for updates and/or changes****