

SPINNING SCHEDULE

NOVEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30		5:15 am-6:15 am - LD 8:30 am-9:30 am – NG (Spin & Sculpt) 5:30pm-6:30pm – MT (Spin & Stretch)	6:00 am-7:00 am - MT 11:30 am-12:30 pm -JF (GYM) 6:30 pm-7:30pm – AO (GYM)	5:15 am-6:15 am - LD (Spin & Sculpt) 4:30pm-5:30pm – MD 5:30pm-6:30pm – MT	6:00 am-7:00 am - AO 11:30 am-12:30 pm - MT (GYM)	5 No Class Home Football Game 
6	6:00 am-7:00 am - SD 11:30 am-12:30 pm- JF (GYM) 6:30 pm-7:30pm – AO (GYM)	5:15 am-6:15 am – LD 8:30 am-9:30 am – NG (Spin & Sculpt) 5:30 pm-6:30 pm – MT (Spin & Stretch)	6:00 am-7:00 am - SD 11:30 am-12:30 pm - MT (GYM) 6:30 pm-7:30pm – AO (GYM)	10 5:15 am-6:15 am - LD (Spin & Sculpt) 4:30pm-5:30pm – MD 5:30pm-6:30pm – AO	11 6:00 am-7:00 am - AO 11:30 am-12:30 pm – MT (GYM)	12 8:15-9:15 am – MD (GYM)
13	6:00 am-7:00 am - SD 11:30 am-12:30 pm- LD (GYM) 6:30 pm-7:30pm – AO (GYM)	5:15 am-6:15 am – LD 8:30 am-9:30 am – NG (Spin & Sculpt) 5:30pm-6:30pm – MT (Spin & Stretch)	16 6:00 am-7:00 am - SD 11:30 am-12:30 pm -JF (GYM) 6:30 pm-7:30 pm – AO (GYM)	17 5:15 am-6:15 am – LD (Spin & Sculpt) 4:30pm-5:30pm – SD 5:30pm-6:30pm – AO	18 6:00 am-7:00 am - AO 11:30 am-12:30 pm – LD (GYM)	19 8:15-9:15 am – MD (GYM)
20	6:00 am-7:00 am - SD 11:30 am-12:30 pm- LD (GYM) 6:30 pm-7:30pm – AO (GYM)	22 5:15 am-6:15 am – LD 8:30 am-9:30 am – MD (Spin & Sculpt) 5:30pm-6:30pm – MT (Spin & Stretch)	23 6:00 am -7:00 am – SD 11:30 am-12:30 pm- JF (GYM) 6:30 pm-7:30 pm– AO (GYM)	24 	25 No Class Home Football Game 	26 8:15-9:15 am – MD (GYM)
27	6:00 am-7:00 am - SD 11:30 am-12:30 pm- LD (GYM) 6:30 pm-7:30pm – AO (GYM)	29 5:15 am-6:15 am - LD 8:30 am-9:30 am – NG (Spin & Sculpt) 5:30 pm-6:30 pm – MT (Spin & Stretch)	30 6:00 am -7:00 am – SD 11:30 am-12:30 pm - JF (GYM) 6:30 pm-7:30 pm - AO			

Instructors: Mary Dabkowski (MD), Leanne DiAngelo (LD), Shawna Dulin (SD), Joanne Fairbanks (JF), Nina Glisan (NG), 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****