



SPRING EXTREME CYCLING CLASS SCHEDULE



Effective April 1, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM	EARLY MORNING WORKOUT		EARLY MORNING WORKOUT		EARLY MORNING WORKOUT		
9:00-10:00 AM	INTERMEDIATE	INTERMEDIATE		INTERMEDIATE		BEGINNER/ INTERMEDIATE	
5:00-5:30 PM		KIDS & PARENTS CYCLING					
5:30-6:30 PM		BEGINNER/ INTERMEDIATE		BEGINNER/ INTERMEDIATE			