



OCTOBER SPIN SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		Rise & Grind INTERVAL Sandi	VIRTUAL Les Mills The Trip	Rise & Grind INTERVAL Christy	VIRTUAL Les Mills The Trip	Les Mills RPM Amanda	10/2 9:30am Christy
9:30 AM		INTERVAL Chelsie	Les Mills The Trip Autumn	INTERVAL Angela	INTERVAL Mary		10/9 9:30 am Chelsie 10/16 9:30am Autumn (Les Mills The Trip)
10:00 AM							10/23 9:30am Jessica 10/30 9:30am Chelsie
12:00 PM		VIRTUAL Les Mills Sprint (30 min)	VIRTUAL Les Mills Sprint (30 min)	VIRTUAL Les Mills Sprint (30 min)	VIRTUAL Les Mills Sprint (30 min)	VIRTUAL Les Mills Sprint (30 min)	
2:30 PM	VIRTUAL Les Mills The Trip						VIRTUAL Les Mills RPM
4:30 PM		VIRTUAL Les Mills Sprint (30 min)	VIRTUAL Les Mills Sprint (30 min)	VIRTUAL Les Mills Sprint (30 min)	VIRTUAL Les Mills Sprint (30 min)		
5:15 PM		INTERVAL Angela		Les Mills RPM Autumn			
5:45 PM							
6:00 PM			Les Mills The Trip Adam		INTERVAL Adam		