



AUGUST SPIN SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		Rise & Grind INTERVAL Sandi (45 min)	VIRTUAL Les Mills RPM (50 min)	Rise & Grind INTERVAL Christy (45 min)	VIRTUAL Les Mills RPM (50 min)	VIRTUAL Les Mills RPM (50 min)	
9:30 AM		INTERVAL Chelsie (45 min)		VIRTUAL Les Mills RPM (50 min)	INTERVAL Mary (45 min)		INTERVAL Rotating Instructor (45 min)
10:00 AM							
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 RPM (50min)
3:00 PM	VIRTUAL Les Mills RPM (50min)						
4:30 PM			VIRTUAL Les Mills Sprint (30 min)		VIRTUAL Les Mills Sprint (30 min)		
5:15 PM		INTERVAL Mary (45 min)		Les Mills RPM Autumn (50 min)			
6:00 PM					VIRTUAL Les Mills RPM (50min)		