




DECEMBER SPIN SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	 <p><i>No Classes</i> 12/24-12/26 & 12/31</p>	VIRTUAL Les Mills RPM (50 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)	
8:45 AM		<i>Merry Christmas</i>	INTERVAL Mary				
9:30 AM				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)	INTERVAL Autumn (45 min)	← Schedule Update!	VIRTUAL Les Mills Sprint (30 min)		
5:45 PM				VIRTUAL Les Mills RPM (50min)			
6:00 PM			VIRTUAL Les Mills RPM (50min)		VIRTUAL Les Mills RPM (50min)		