

SPIN SCHEDULE

MONDAY

8:30AM - 9:30AM STAGES FLIGHT WITH AMANDA PORINO

TUESDAY

6:30AM - 7:30AM STAGES FLIGHT WITH RACHEL WAYT

8:30AM - 9:30AM CYCLE JAM WITH INDIA WYSONG

12:00PM - 1:00PM POWER LUNCH RIDE

WEDNESDAY

7:00AM - 8:00AM STAGES FLIGHT WITH AMANDA PORINO

8:30AM - 9:30AM STAGES FLIGHT WITH AMANDA PORINO

THURSDAY

6:30AM - 7:30AM STAGES FLIGHT WITH JULIE SIEGEL

8:00AM - 9:00AM RYTHMATIC MEDITATION WITH ALEX LAWS

12:00PM - 12:30PM POWER LUNCH RIDE WITH SARAH MILES

FRIDAY

8:00AM - 9:00AM RYTHMATIC MEDITATION WITH ALEX LAWS

SATURDAY

9:30AM - 10:30AM STAGES FLIGHT WITH BETH CITRON

SUNDAY

9:00AM - 10:00AM STAGES FLIGHT WITH JULIE SIEGEL