

# SPIN SCHEDULE

## MONDAY

8:00AM - 9:00AM STAGES FLIGHT WITH ROTATING INSTRUCTOR

9:30AM - 10:30AM CYCLE STRONG WITH AMANDA PORINO

## TUESDAY

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

8:30AM - 9:30AM CYCLE JAM WITH ROTATING INSTRUCTOR

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

## WEDNESDAY

8:30AM - 9:30AM STAGES FLIGHT WITH ROTATING INSTRUCTOR

## 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