

COLONIAL HEIGHTS CYCLING MARCH 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
Same great classes/ new names: CycleFusion is now CycleStrength CycleCORE is now CycleABS	1 10:30 CycleStrength Gayle	2 6:00 Cycle45- Don 9:30 Cycle45- Kristie	3 9:30 Cycle45- Don	4 6:00 Cycle45- Shurelle 9:30 Cycle45- Gayle	5 9:30 CycleABS- Gayle 5:00 Cycle45- Shurelle	6 9:30 Cycle45- Julie	
	7 7:15 Cycle45- Shurelle 9:30 Cycle45- Melanie	8 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 Kids Cycle- Julie	9 6:00 Cycle45- Don 9:30 Cycle45- Kristie	10 9:30 Cycle45- Don 5:30 CycleStrength- Shurelle	11 6:00 Cycle45- Shurelle 9:30 Cycle45- Cheryl 6:00 Cycle45- Shurelle	12 9:30 CycleABS- Gayle 5:00 Cycle45- Melanie	13 9:30 Cycle45- Don
14 7:15 Cycle45- Cheryl 9:30 Cycle45- Shurelle	15 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 KidsCycle- Julie	16 6:00 Cycle45- Don 9:30 Cycle45- Kristie	17 9:30 Cycle45- Don 5:30 CycleStrength- Shurelle	18 6:00 Cycle45- Shurelle 9:30 Cycle45- Gayle 6:00 Cycle45- Shurelle	19 9:30 CycleABS- Gayle 5:00 Cycle45- Shurelle	20 9:30 Cycle45- Lori	
21 7:15 Cycle45- Shurelle 9:30 Cycle45- Melanie	22 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 KidsCycle- Julie	23 6:00 Cycle45- Don 9:30 Cycle45- Kristie	24 9:30 Cycle45- Don 5:30 CycleStrength- Shurelle	25 6:00 Cycle45- Shurelle 9:30 Cycle45- Cheryl 6:00 Cycle45- Shurelle	26 9:30 CycleABS- Gayle 5:00 Cycle45- Don	27 9:30 Cycle45- Don	
28 7:15 Cycle45- Cheryl 9:30 Cycle45- Julie	29 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 KidsCycle- Julie	30 6:00 Cycle45- Don 9:30 Cycle45- Kristie 6:00 Cycle45- Don	31 9:30 Cycle45- Don 5:30 CycleStrength- Don				