


West End Cycle March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Ashley	2 5:30 Cycle Boot Camp Susan 9:00 Cycle 60 Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	3 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan <i>10:45 Abs 15 Susan</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	4 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Cycle 45 Joe	5 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Emilie 4:15 Junior Cycle Jenny 5:00 Cycle 45 Brett 6:00 Cycle 60 Steve	6 8:00* Cycle/MC Tara 9:30 Cycle 60 Bob <i>10:45 Get Moving Ashley</i> <u>12:00 Cycle 45 Stanley</u>
	7 8:15* Boot Camp Blitz (meet in Group X) Joe & Lisa K 9:45 Cycle Zen Ashley <u>4:00 Cycle/Abs Joe</u>	8 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Ashley	9 5:30 Cycle Boot Camp Dee 9:00 Cycle 60 Tara 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	10 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Steve <i>10:45 Abs 15 Steve</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	11 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Lisa W 6:00 Cycle 60 Bob 7:15 Cycle 45 Joe	12 5:30 Cycle 60 Joe 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Emilie 4:15 Junior Cycle Jenny 5:00 Cycle 45 Brett 6:00 Cycle 60 Stanley
14 8:15* Cycle Boot Camp Lisa K 9:45 Cycle Zen Ashley <u>4:00 Cycle/Abs Joe</u>	15 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Ashley	16 5:30 Cycle Boot Camp Susan 9:00 Cycle 60 Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	17 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan <i>10:45 Absolution Susan</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	18 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Cycle 45 Joe	19 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Emilie 4:15 Junior Cycle Jenny 5:00 Cycle 45 Brett 6:00 Cycle 60 Stanley	20 8:00* Cycle/MC Tara 9:30 Cycle 60 Bob 10:45 Cycle Boot Camp Lisa W 12:30 Last Chance Workout
21 8:15* Cycle Boot Camp Lisa K 9:45 Cycle Zen Kim W <u>4:00 Cycle/Abs Susan</u>	22 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Ashley	23 5:30 Cycle Boot Camp Susan 9:00 Cycle 60 Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	24 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan <i>10:45 Abs 15 Susan</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	25 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Cycle 45 Joe	26 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Emilie 4:15 Junior Cycle Jenny 5:00 Cycle 45 Brett 6:00 Cycle 60 Steve	27 8:00* Cycle/MC Steve 9:30 Cycle 60 Bob <i>10:45 Get Moving Kathi</i> <u>12:00 Cycle 45 Stanley</u>
28 8:15* Cycle Boot Camp Joe 9:45 Cycle Zen Ashley <u>4:00 Cycle/Abs Susan</u>	29 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Ashley	30 5:30 Cycle Boot Camp Susan 9:00 Cycle 60 Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	31 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan <i>10:45 Abs 15 Susan</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	*denotes 75 minute class Beginner friendly class Family friendly class (ages 9 & older) Participants for family friendly cycle should be 4 feet 10 inches tall		

Please sign up at the front desk to reserve your spot!
You must have water in order to Ride.

Contact Us:
 804-3641200
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