

# COLONIAL HEIGHTS CYCLING JULY



Sun	Tues	Wed	Thurs	Fri	Sat	
		<p><b>Check out Spin&amp;Finn Wednesdays the 7th &amp; 21st @ 6:30pm.</b> 30 mins. Cycle 30 mins. Finning</p>	<p><b>1</b> 6:00 Cycle45-Shurelle 9:30 Cycle45-Gayle 6:00 Cycle45-Shurelle</p>	<p><b>2</b> 9:30 CycleABS-Gayle 5:30 Cycle45-Shurelle</p>	<p><b>3</b> 9:30 Cycle45-Don</p>	
<p><b>4</b> Fourth of July Gym closes @ 2:00pm. No Classes</p>	<p><b>5</b> 10:30 CycleStrength-Don 5:30 CycleABS-Don 6:30 Kids Cycle-Don</p>	<p><b>6</b> 6:00 Cycle45-Don 9:30 Cycle45-Gayle 6:00 Cycle45-Don</p>	<p><b>7</b> 9:30 Cycle45-Don 5:30 CycleStrength-Shurelle 6:30 Spin&amp;Finn w/ Shurelle</p>	<p><b>8</b> 6:00 Cycle45-Shurelle 9:30 Cycle45-Gayle 6:00 Cycle45-Shurelle</p>	<p><b>9</b> 9:30 CycleABS-Gayle 5:30 Cycle45-Don</p>	<p><b>10</b> 9:30 Cycle45-Julie</p>
<p><b>11</b> 7:15 Cycle45-Shurelle 9:30 Cycle45-Julie</p>	<p><b>12</b> 10:30 CycleStrength-Don 5:30 CycleABS-Julie 6:30 KidsCycle-Julie</p>	<p><b>13</b> 6:00 Cycle45-Don 9:30 Cycle45-Shurelle 6:00 Cycle45-Don</p>	<p><b>14</b> 9:30 Cycle45-Don 5:30 CycleStrength-Don</p>	<p><b>15</b> 6:00 Cycle45-Shurelle 9:30 Cycle45-Shurelle 6:00 Cycle45-Shurelle</p>	<p><b>16</b> 9:30 CycleABS-Melanie 5:30 Cycle45-Shurelle</p>	<p><b>17</b> 9:30 Cycle45-Melanie</p>
<p><b>18</b> 7:15 Cycle45-Shurelle 9:30 Cycle45-Melanie</p>	<p><b>19</b> 10:30 CycleStrength-Gayle 5:30 CycleABS-Julie 6:30 KidsCycle-Julie</p>	<p><b>20</b> 6:00 Cycle45-Don 9:30 Cycle45-Kristie 6:00 Cycle45-Don</p>	<p><b>21</b> 9:30 Cycle45-Don 5:30 CycleStrength-Shurelle 6:30 Spin&amp;Finn w/ Shurelle</p>	<p><b>22</b> 6:00 Cycle45-Shurelle 9:30 Cycle45-Gayle 6:00 Cycle45-Shurelle</p>	<p><b>23</b> 9:30 CycleABS-Gayle 5:30 Cycle45-Melanie</p>	<p><b>24</b> 9:30 Cycle45-Lori</p>
<p><b>25</b> 7:15 Cycle45-Shurelle 9:30 Cycle45-Don</p>	<p><b>26</b> 10:30 CycleStrength-Gayle 5:30 CycleABS-Julie 6:30 KidsCycle-Julie</p>	<p><b>27</b> 6:00 Cycle45-Don 9:30 Cycle45-Kristie 6:00 Cycle45-Don</p>	<p><b>28</b> 9:30 Cycle45-Don 5:30 CycleStrength-Don</p>	<p><b>29</b> 6:00 Cycle45-Shurelle 9:30 Cycle45-Gayle 6:00 Cycle45-Shurelle</p>	<p><b>30</b> 9:30 CycleABS-Gayle 5:30 Cycle45-Shurelle</p>	<p><b>31</b> 9:30 Cycle45-Don</p>