



# AUGUST STUDIO B CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00 am Interval Cycle Janice		6:00-7:00 am Interval Cycle Janice			
8:30-9:30 am Rhythm Ride Bridget		8:30-9:30 am Beginning Cycle Janice		8:30-9:30 am Group Cycle Jody	8:00-9:00 am Interval Cycle Janice	
10:00-11:00 am Interval Cycle Janice	9:00-10:00 am Group Cycle Jody	10:00-11:00 am Spinervals Chris	9:00-10:00 am Group Cycle Patrick		10:15-11:15 am Power X 8/12 Christie	9:15-10:45 am Group Cycle 90 min spin 8/6 & 8/20 Jody **Room renovation taking place this month, pls call ahead to verify class dates/times.
12:00-1:00 pm Group Cycle Marsha		12:00-1:00 pm Group Cycle Nino		12:00-1:00 pm Group Cycle Janice		
4:30-5:00 pm 30 minute class! Rhythm Ride			5:00-5:30 Power Abs Cindy			
5:00-5:30 pm 30 minute class! Tone & Stretch	5:30-6:30 pm Rhythm Interval Cycle Nino	5:30-6:30 pm Beginners Cycle Cindy	5:30-6:30 pm Ripped Ride Cindy			
		6:30-7:00 pm Power Abs Cindy				

Class Change =

New Class =

Power X Class =

Extra Fee = \$

**Studio B will be receiving a face lift in August. If you are unsure a class will take place, please be sure to call ahead of time. We will do our best to keep the schedule current.**



