| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------|--|--|--|-----|-----|
| | | | | | | 1 |
| 2 | 3 | & 6:30 PM | Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 7 | 8 |
| 9 | 10 | & 6:30 PM | 12 Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 13 Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 14 | 15 |
| 16 | 17 | & 6:30 PM | 19 Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 20 Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 21 | 22 |
| 23 | 24 | 25 Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 26 Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 27 Spin Class 5:30PM & 6:30 PM Each class is 60 Minutes. | 28 | 29 |
| 30 | Notes: | | | | | |