


# CYCLING + GROUP FITNESS SCHEDULE



SCHEDULE EFFECTIVE THROUGH DECEMBER 31

## CYCLING + GROUP FITNESS SCHEDULE

CYCLING DIRECTOR: Gary Gianetti  
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 DIRECTOR: Mary Laurence Bevington  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30 - 7:25 AM GROUP CYCLING Mychele L.	6:30 - 7:25 AM GROUP CYCLING Adriana B.	6:30 - 7:25 AM GROUP CYCLING Gary G.	10:00 - 11:15 AM MOVEMENT LAB (1st Fridays) Rotating Instructors	 8:30 - 10:00 AM CYCLE CINEMA Rotating Instructors
12:00 - 12:45 PM SKI FIT Megan S.			7:30 - 8:00 AM <b>BLAST</b> CORE Bobby M.	11:00 - 11:30 AM <b>BLAST</b> CIRCUIT 1 Bobby M.	10:30 - 11:00 AM <b>BLAST</b> CIRCUIT 1 Jeremy D.
	12:00 - 1:00 PM MAT PILATES (taught in Studio) Mary-Laurence B.	12:00 - 1:00 PM THE ROPE UP! Alicia B.	12:00 - 1:00 PM GROUP CYCLING Gary G.	11:30 AM - 12:00 PM <b>BLAST</b> CORE Bobby M.	11:00 - 11:30 AM <b>BLAST</b> CORE Jeremy D.
5:30 - 6:00 PM <b>BLAST</b> CORE Lauren M.			5:15 - 6:15 PM MAT PILATES (taught in Studio) Jenny K.		
6:05 - 6:35 PM <b>BLAST</b> PILATES (taught in Studio) Corey M.		5:30 - 6:15 PM GROUP CYCLING Amy C.	5:30 - 6:15 PM GROUP CYCLING Brittany P.		Sunday
5:30 - 6:15 PM GROUP CYCLING Kelly M.		5:30 - 6:00 PM <b>BLAST</b> CORE Keith L.	5:30 - 6:15 PM GROUP CYCLING Brittany P.	5:00 - 6:30 PM THE ROPE UP! Drew H.	10:00 - 11:00 AM MAT PILATES (taught in Studio) Corey M and Jenny K.
6:30 - 7:15 PM GROUP CYCLING Kelly M.	5:30 - 6:15 PM CLIMBING POWER ALL LEVELS Dave W.	6:00 - 6:30 PM <b>BLAST</b> CIRCUIT 1 Keith L.	5:30 - 6:00 PM <b>BLAST</b> CIRCUIT 1 Dave W.		
6:30 - 7:15 PM CLIMBING RECOVERY Mercedes P.	6:00 - 6:45 PM SKI FIT Cody H.	6:30 - 7:00 PM <b>BLAST</b> CIRCUIT 2 Keith L.	6:00 - 6:30 PM <b>BLAST</b> CORE Dave W.		
7:00 - 8:30 PM THE ROPE UP! Ty E.		6:30 - 7:15 PM CLIMBING POWER ALL LEVELS Mercedes P.			

GROUP FITNESS
**BLAST** BLAST CLASS!
 CLIMBING FITNESS
GROUP CYCLE



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