

Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		CLASS # 1 AM Spin		CLASS # 1 AM Spin		CLASS # 3 AM Spin	
9:00 AM			CLASS # 2 AM Spin		CLASS # 2 AM Spin		SESSION # 4 AM Spin
6:00 PM		CLASS # 5 PM Spin	CLASS # 6 PM Spin	CLASS # 5 PM Spin	CLASS # 6 PM Spin	CLASS # 7 PM Spin	