



CYCLING ~ FALL 2 ~ Oct. 23-Dec. 16, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10-5:50 AM	Cycling						
6:00-7:00 AM	Cycling	Cycling	Cycling 6-6:45	Cycling	Cycling		
7:00-8:00 AM							
8:00-9:00AM						Cycling	
9:00-10:00 AM						Cycling	9 AM Open
10:00-12:00 PM							
12:00-12:50 PM	Cycling	Cycling	Cycling	Cycling			
1:00-4:30 PM							
4:30-5:15 PM							
5:20-6:20 PM	Cycling	Cycling & Core	Cycling	Cycling & Core		6PM Closed	6PM Closed
6:20-7:15 PM							
7:15-10:00 PM							

YMCA Closed FRIDAY, Nov.10 (Veteran's Day Observed) – YMCA is OPEN Saturday, Nov.11 – YMCA is Closed Thurs. Nov. 23

Open for member use when space is available – no Stereo use unless with a class please.