



CYCLING ~ WINTER Session ~ Jan.1- Feb. 25, 2018

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	Cycling Starts Jan 12 th		
1:00-4:30 PM							
4:30-5:15 PM					"NEW" Cycling Starts Jan 12 th		
5:20-6:20 PM	Cycling 5:15 Starting Jan 8 th NEW 90min class!	Cycling & Core	Cycling	Cycling & Core	Cycling 5:15 – 6 Starts Jan 12 th	6PM Closed	6PM Closed
6:20-7:15 PM							
7:15-10:00 PM							

New Year's Day (Monday) YMCA CLOSED.

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