



# CYCLING ~ Fall 1 Session ~ Sept. 4 – Oct. 20, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10-5:50 AM							
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							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		Cycling			Cycling (1 hr)		
5:20-6:20 PM		Cycling & Core		Cycling & Core		6PM Closed	6PM Closed
6:20-7:15 PM							
7:15-10:00 PM							

Open for member use when space is available – no Stereo use unless with a class please. **Room is locked during off hours.**

A few of the cycling classes go on hiatus starting Spring 2 for a few months til late Fall/Early Winter –

any questions email wellness coordinator Trieste Philbrook [tphilbrook@concordymca.org](mailto:tphilbrook@concordymca.org)

**CLOSED Monday Sept .3 Memorial Day and Monday Oct. 8 Columbus Day**