



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



CYCLE STUDIO SCHEDULE

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
	<u>7:30-8:20</u> Cycle and Strength Doug/Michelle		<u>5:30 – 6:20</u> Y Cycle Kara/Dayle <u>7:30-8:20</u> Cycle and Strength Doug/Diane			
<u>9:00 – 9:50</u> Cycle Diane		<u>9:30 – 10:20</u> Cycle Kathie/Vicki	<u>8:30 - 9:20</u> Cycle Sculpt Jackie	<u>8:30 – 9:20</u> Y-Cycle Michelle S.	<u>8:30 – 9:20</u> Y Cycle Staff	<u>9:30-10:20</u> Y-Cycle Diane/Sherri /Kathie
	<u>11:30-12:30</u> Cycle Lite and Strength Sarah					
Evening Classes						
<u>6:00 – 6:50</u> Y Cycle Tim		<u>6:00 – 6:50</u> Cycle Tim				



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