



# SPINNING<sup>®</sup> AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 5:30p Pat	<b>2</b> 5:30p Amy	<b>3</b> 8:30-9:10a Colette 5:30p Larry	<b>4</b>	<b>5</b> 8:30a Natalie
<b>6</b> 9:00a Cym	<b>7</b> 5:15p Cym	<b>8</b> 5:30p Pat	<b>9</b> 5:30p Amy	<b>10</b> 8:30-9:10a Colette 5:30p Natalie	<b>11</b>	<b>12</b> 8:30a Cym
<b>13</b> 9:00a XXXX	<b>14</b> 5:15p Cym	<b>15</b> 5:30p Pat	<b>16</b> 5:30p Amy	<b>17</b> 8:30-9:10a Colette 5:30p Natalie	<b>18</b>	<b>19</b> 8:30a Natalie
<b>20</b> 9:00a Cym	<b>21</b> 5:15p Cym	<b>22</b> 5:30p Pat	<b>23</b> 5:30p Amy	<b>24</b> 8:30-9:10a Colette 5:30p Natalie	<b>25</b>	<b>26</b> 8:30a Cym
<b>27</b> 9:00a XXXX	<b>28</b> 5:15p Cym	<b>29</b> 5:30p Pat	<b>30</b> 5:30p Amy	<b>31</b> 8:30-9:10a Colette 5:30p Natalie		

Please show up 10-15 minutes before the start of class especially if it's your first time! Please bring water and a towel.