



# SPINNING<sup>®</sup> MAY

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

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