

AW24 WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM					6.00 - 7.00 60 Minute Class		
7:00 AM	6.30 - 7.30 60 Minute Class	6.30 - 7.30 60 Minute Class	6.45 - 9.30 Community Ride To change to 90 min class with social coffee once weather turns	6.30 - 8.00 90 Minute Class			
8:00 AM	7.45 - 8.30 45 Min "Intro" Class	7.45 - 8.45 60 Minute Class		8.30 - 9.30 60 Minute Class	7.30 - 8.30 60 Minute Class	8.00 - 9.30 90 Minute Class	8.00 - 9.30 90 Minute Class
9:00 AM							
10:00 AM						10.00 - 10.45 45 Minute Class	10.00 - 10.45 45 Minute Class
11:00 AM						11.00 - 12.00 60 Minute Class	11.00 - 11.45 45 Min "Intro" Class
12 NOON	12.00 - 13.00 60 Minute Class	12.00 - 12.45 45 Min "Intro" Class	12.30 - 1.15 45 Minute Class	12.00 - 13.00 60 Minute Class	12.00 - 13.00 60 Minute Class		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	17.15 - 18.15 60 Minute Class	17.15 - 18.15 60 Minute Class	17.15 - 18.15 60 Minute Class	17.30 - 18.15 45 Minute Class			
6:00 PM	18.30 - 19.15 45 Minute Class	18.30 - 19.15 45 Minute Class	18.30 - 9.30 1Hr Intro Class	18.30 - 9.30 60 Minute Class	18.30 - 9.30 60 Minute Class		
7:00 PM							
8:00 PM							