

BAC Spinning® Schedule

Schedule Effective: April 1, 2010 –June 30, 2010



Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m.	Spin/Abs (60 min) Sandy	(45 min) Jim	(45 min) Tom N.	(45 min) TJ			
7:15 a.m.						Alternate Institute (45 min) Mary/ Sandy	
9:15 a.m.	(45 min) Lu		(45 min) Kim		(45 min) Jalyynn	(45 min) Tim	
5:15 p.m.		(45 min) Becky					
5:30 p.m.	(45 min) Tom C.		Beginning Spin® (45 min) Mark	(45 min) Tim			
6:00 p.m.							4/4/10-6/27/10 (45 min) Jalyynn

Please read the Spinning® Reservation Policy on the back.

Schedules subject to change due to instructor availability and class size less than eight participants.

Class descriptions are listed on the backside.

PPC = Prepaid class

Revised 3/2/2010

