

LifeCenter Plus Spinning Schedule September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:45am All Terrain 9:30am Intervals Noon All Terrain 6:30pm Endurance	2 6:30pm Intervals	3 5:45am Intervals 9:30am All Terrain Noon Endurance	4 8:30am All Terrain
5 8:30am Endurance	6 Labor Day CLOSED	7 6:30pm All Terrain	8 5:45am Intervals 9:30am Endurance Noon Strength 6:30pm Intervals	9 6:30pm Strength	10 5:45am All Terrain 9:30am Intervals Noon Intervals	11 8:30am Endurance
12 8:30am Intervals	13 5:45am Intervals 9:30am Endurance Noon All Terrain 6:30pm All Terrain	14 6:30pm Intervals	15 5:45am Strength 9:30am All Terrain Noon Intervals 6:30pm All Terrain	16 6:30pm Endurance	17 5:45am Race Day 9:30am Strength Noon Endurance	18 8:30am Intervals 11:00am SPIN 101
19 8:30am All Terrain	20 5:45am Strength 9:30am All Terrain Noon Intervals 6:30pm Endurance	21 6:30pm All Terrain	22 5:45am All Terrain 9:30am Intervals Noon Race Day 6:30pm Intervals	23 6:30pm All Terrain	24 5:45am Intervals 9:30am Race Day Noon Strength	25 8:30am Strength
26 8:30am Race Day	27 5:45am All Terrain 9:30am Strength Noon All Terrain 6:30pm Intervals	28 6:30pm Race Day	29 5:45am Race Day 9:30am 90 min ABB Noon Endurance 6:30pm Strength	30 6:30pm Intervals		