

TBS Spinning - November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:00AM Spinervall 10:00AM Intro to Spinning 11:00AM Weight Watchers Intro Spin	2 5:15 PM Jeff	3 6:00AM Jenn 7:00 AM Debi 6:15 PM Janice 6:30 Spinnerval	4 6:15 PM Steve	5 6:00AM Janice 7:00 AM Steve 6:15 PM Jeff	6 6:00AM Jenn 5:15 PM DBH 6:15 PM Jeff	7 8:15 AM DBH
Beginner Spin 8 9 am w/ Becky Spinnerval 10 am	9 5:15 PM Steve	10 6:00AM Debi 7:00 AM Steve 6:15 PM Becky 6:30 Spinnerval	11 6:15 PM Janice	12 6:00AM Jenn 7:00 AM Becky 6:15 PM Jeff	13 6:00AM Debi 5:15 PM DBH 6:15 PM Janice	14 8:15 AM Jenn
Beginner Spin 15 9 am w/ Steve Spinnerval 10 am	16 5:15 PM Steve	17 6:00AM Jenn 7:00 AM Becky 6:15 PM Janice 6:30 Spinnerval	18 6:15 PM Becky	19 6:00AM Jenn 7:00 AM Steve 6:15 PM Jeff	20 6:00AM Debi 5:15 PM DBH 6:15 PM Jeff	21 8:15 AM Janice
22 Spinnerval 10 am	23 5:15 PM Becky	24 6:00AM Steve 7:00 AM Janice 6:15 PM Becky 6:30 Spinnerval	25 6:15 PM Steve	26 Thanksgiving Day TBS Closed	27 6:00AM Jenn 5:15 PM DBH 6:15 PM Janice	28 8:15 AM Debi
29 Spinnerval 10 am	30 5:15 PM Jeff	Spinerval is on your own bike with your own wind trainer. Sundays are 90 minutes to 2 hours and Tuesday evenings are 60 minutes.				