

Class Schedules

eCycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7-8:30am Charlie/Paul	7-8:30am Tim	7-8:30am Charlie/Paul	7-8:30am Tim	* 8-9:30am Tammy
9-10:30am Andrew	9-10:30am Charlie/Paul	9-10:30am Charlie/Paul	9-10:30am Charlie/Paul		
4-5:30pm Tammy	11-12:30pm Tammy	4-5:30pm Tammy	11-12:30pm Tammy		
	4-5:30pm Tim		4-5:30pm Tim		
	6-7:30pm Jocelyn		6-7:30pm Andrew		

* Saturday class starts December 5, 2011 and ends May 5, 2012

eCycling classes are grouped as follows:

- Monday/Wednesday 9am, 4pm
- Tuesday/Thursday 7am, 9am, 11am, 4pm, 6pm
- Wed/Friday 7am
- Saturday 8am

eStrength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:20am Cardio Strength Kelli	3-3:50pm Cardio Strength Keli	7:15-8:05am Strength and Mobility for Cyclists Kelli	3-3:50pm Strength and Mobility for Cyclists Kelli	7:15-8:05am Strength and Mobility for Cyclists Kelli	
	6:30-7:20pm Winter Sports Conditioning Kelli			8:30-9:20am Cardio Strength Kelli	

