



Atrium Family YMCA Studio Cycling Schedule Winter I Session January 2 - February 18

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Cathi		Cathi		Tri Training	CLOSED	
6:30AM	5:45-6:45am		5:45-6:45am		5:00 - 6:30am		
9:00 AM						Amanda	
9:30 AM	Tina	Julie	Paige	Julie	Paige	9:00 - 10:00am	
10:00 AM	9:30 - 10:30am	9:30- 10:300 am	9:30- 10:30 am	9:30- 10:30 am	9:30- 10:30 am	Bob	
10:30 AM						10:15 - 11:15am	
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
4:30 PM							
5:00 PM							
5:30 PM	Gwen	CSI - Gwen	Jody	CSI - Joe			
6:00 PM	5:30 - 6:30pm	5:30 - 6:15	5:30 - 6:30pm	5:30 - 6:15			
6:30 PM	Amanda	Bob	Tina	Bob			
7:00 PM	6:30 - 7:30pm	6:30 - 7:30pm	6:30 - 7:30pm	6:30 - 7:30pm		CLOSED	
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

****REMINDER: ALL Studio Cycling classes are FIRST COME/FIRST SERVE**