
















Group Ride Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am  Cynthia	5:45am  Amy B.	5:45am  Mary		5:45am  Jane A.		
					8:00am  Lindsay	7:45am/75min Endurance Cycle Nancy
9:20am  Kelly	9:20am  Mary				9:15am  Heather	9:15am  Jane A.
		10:30am  Krissy		10:30am  Mary		
		5:45pm  Krissy				
6:30pm  Lindsay	6:30pm  Cynthia		6:30pm  Krissy		Child Watch Sessions <u>Monday – Friday</u> 8:45am – 10:30am & 10:30am – 12:00 12:00 – 2:00pm 4:30-5:45 & 5:45-6:45pm 6:45 pm-8:00pm -Mon-Thurs only <u>Saturday</u> 8:00am – 10:30am & 10:30am – 12:30pm	
				Club Hours Monday – Thursday 5am – 10pm Friday: 5am – 9pm Saturday & Sunday: 7am – 8pm		
					<u>Winter Schedule</u> <u>Effective Jan 9th 2012</u>	