



# SPINNING® OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00a Natalie	2 5:15p Cym	3	4 5:30p Larry	5 8:30-9:10a Colette 6:30p Natalie	6	7 8:30a Natalie
8 9:00a Cym	9 5:15p Cym	10	11 5:30p Larry	12 8:30-9:10a Colette 6:30p Natalie	13	14 8:30a Cym
15 9:00a Natalie	16 5:15p Cym	17	18 5:30p Amy	19 8:30-9:10a Colette 6:30p Natalie	20	21 8:30a Natalie
22 9:00a Cym	23 5:15p Cym	24	25 5:30p Amy	26 8:30-9:10a Colette 6:30p Natalie	27	28 8:30a Cym
29 9:00a Natalie	30 5:15p Cym	31				

Please show up 10-15 minutes before the start of class especially if it's your first time! Please bring water and a towel.