

Indoor Group Cycling Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15 am	5:15-6:00 am	5:30-6:30 am	5:15-6:00 am	5:15-6:00 am	6:45-7:30 am
8:00-9:00 am	9:30-10:15 am	9:30-10:15 am	9:30-10:15 am	9:30-10:15 am	9:30-10:15 am	8:00-8:45 am
	<i>10:30-11:00 am*</i>					9:15-10:00 am
	5:45-6:30 pm	5:45-6:30 pm	5:45-6:30 pm	5:45-6:30 pm		
	7:00-7:45 pm	7:00-7:45 pm	7:00-7:45 pm	7:00-7:45 pm		

**Monday 10:30 am class is a beginner class every first Monday of the month.*

- All classes must have at least 5 participants signed up in order to run the class with the exception of the beginner class.
- Participants must be at least 16 years old.
- Bikes may be reserved for up to one week ahead.
- Reservations are made at the Health and Wellness Desk or by phone at (860) 426-9528.
- Water is mandatory.
- Please arrive 15 minutes prior to the start of class.
- No one will be admitted to the class once the music begins.
- Members must call in to cancel their bike reservation when not able to attend class.
- This schedule is subject to change