

# Indoor Cycling



**SOUTH POINTE FITNESS CLUB**

## CYCLING CLASS SCHEDULE 2010

Last Updated 10/18/10

### WEEKLY BREAKDOWN BY DAY & TIME

Check our group exercise schedule for more classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am Heather		5:15am Kathy		5:15am Kathy		
		6:15am Lisa		6:15am Lisa		
9:00am David	9:30am Lisa		9:30am Amy		9:00am Kathy	
4:30pm Kathy		4:30pm Carolyn				
	5:30pm Kathy		5:30pm Heather			
6:00pm Cycle Express Kathy (30 min)		6:00pm Amy				

**Don't forget to sign up for your class!!**

- Classes will run 45 minutes unless indicated.
- Members need to sign up for the cycling classes in advance.
- Please bring a water bottle to class at all times.
- Talking to other participants during class will not be tolerated.
- Please arrive 10 minutes early to set up your bike.

[WWW.SOUTHPOINTEFITNESS.COM](http://WWW.SOUTHPOINTEFITNESS.COM)

**GET TO THE  
POINTE.** 301-791-7934

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