



Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30- 9:00am Endurance Spin Sheena Orinda		6:00 - 7:00am Classic Spin Julie Montclair	5:30 - 6:30am Cardio Spin Sheena Orinda	8:00 - 9:00am Classic Spin Joey Montclair	5:30 - 6:30am Hot Zone Sheena Orinda	
8:00 - 9am Spin Julie Montclair		9:30 - 10:30am Hot Zone Sheena Orinda	9:30-10:30am Classic Spinning Christina Orinda			
9:00 - 9:30am Abs Class Julie Montclair	9:00 - 10am Virtual Spin Christina Orinda			9:30 - 10:30am Spin Erica Orinda	9:30 - 10:30am Spin Class Alex Orinda	
		10am - 11am Spin Class Christina Moraga				
4:00 - 5:00pm Spin Circuit David Orinda		6:15 - 7:15pm Spin, Circuit, & Abs David Orinda	6:15 - 7:15pm Virtual Spin Mariessa Orinda	5:30 - 6:30pm Super Challenge Spin Laney Orinda		