

Boughton Street

INDOOR CYCLING SCHEDULE

June 1 – September 5
All classes 45 minutes

Monday	5:45am 5:30 pm	Sharon Lee
Tuesday	10:30 am 7:00 pm	Lee Debbie/Sharon
Wednesday	5:45am 10:30 am	Serge Kathy
Thursday	10:30 am 6:30pm	Lee Claudia
Friday	5:45 am 6:15 pm	Sharon CYCLE and CORE Joe
Saturday	7:45 am 8:45 am	Sharon Lee (class runs July 3,10,17,24,31)

PLEASE SIGN UP 24 HOURS IN ADVANCE

- Arrive 5-10 minutes early
- Bring a towel and water bottle
- Be sure to call and cancel your reservation if you will be unable to attend.
- Please use spray bottle and towels to clean your cycle and floor after class.

THANK YOU!

