

GREENKNOLL INDOOR CYCLING MENU

Fall 2010

Sunday	8:15am	Sophie	
	9:15am	Brigid	
Monday	6:00am	Laura	
	7:00am	Sophie	
	9:15am	Claudia	
	5:30pm	Brigid	
	7:00pm	Brigid	
Tuesday	6:00am	Peggy	
	9:15am	Lee	
	5:30pm	Kristina	
	6:30pm	Kristina	
Wednesday	6:00am	Juli	
	8:15am	Brigid	
	9:15am	Brian	FULL HOUR!
	5:30pm`	Lee	
	7:00pm**	Juli	
Thursday	6:00am	Peggy	
	9:15am	Brigid	
	6:00pm	Donna	FULL HOUR!
	7:15pm	Debbie	
Friday	6:00am	Kathy	
	9:15am	Juli	
Saturday	8:00am	Juli	
	9:00am	Juli	
	10:00am**	Juli	

STARTER CLASSES ON THE FOLLOWING DAYS!

** Saturday, September 11	10:00am
**Wednesday, September 22	7:00pm
**Saturday, October 9	10:00am
**Wednesday, October 20	7:00pm
**Saturday, November 6	10:00am
**Wednesday, November 17	7:00pm
**Saturday, December 4	10:00am
**Wednesday, December 15	7:00pm

24 HOUR ADVANCE SIGN UP REQUIRED TO RESERVE A CYCLE
Call 203.775.4444 Ext.9

WALK INS WELCOME IF CYCLES ARE AVAILABLE

