

spinning schedule - may 2008

monday	tuesday	wednesday	thursday	friday	saturday	sunday
adv = 1 hour class adv2 = 1.5 hour class beg = Beginner classes are open to all fitness levels and are 45 minutes in duration unless otherwise stated.			1 6:30am adv lori 12:00pm lori 1:00pm blair 5:30pm beg amanda	2 7:00am marysia 12:30pm greg	3 10:30am adv kimchan 11:25am adv Kimchan	4 9:30am adv marc
5 12:30pm tim 6:00pm adv lori	6 7:00am marysia 12:00pm blair 1:00pm blair	7 12:30pm james 5:30pm adv kimchan	8 6:30am adv lori 12:00pm lori 1:00pm blair 5:30pm beg amanda	9 7:00am marysia 12:30pm greg	10 10:30am adv kimchan 11:25am adv Kimchan	11 9:30am adv marc happy mother's day!
12 12:30pm tim 1:30pm intro tim 6:00pm adv lori	13 7:00am marysia 12:00pm blair 1:00pm blair	14 12:30pm carmen 5:30pm adv kimchan	15 6:30am adv lori 12:00pm lori 1:00pm blair 5:30pm beg amanda	16 7:00am marysia 12:30pm greg	17 10:30am adv kimchan 11:25am adv Kimchan	18 9:30am adv marc
19 victoria day! club hours: 8:30am-6:00pm	20 7:00am marysia 12:00pm blair 1:00pm blair	21 12:30pm carmen 5:30pm adv kimchan	22 6:30am adv lori 12:00pm lori 1:00pm blair 5:30pm beg amanda	23 7:00am marysia 12:30pm greg	24 10:30am adv kimchan 11:25am adv Kimchan	25 9:30am adv marc
26 12:30pm tim 6:00pm adv lori	27 7:00am marysia 12:00pm blair 1:00pm blair	28 12:30pm blair 5:30pm adv kimchan	29 6:30am adv lori 12:00pm lori 1:00pm blair 5:30pm beg amanda	30 7:00am marysia 12:30pm greg	31 10:30am adv kimchan 11:25am adv Kimchan	

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 416.367.9957, ext. 6
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 cambridge group of clubs

