



# Club NewFit

## May Spinning Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A M — P M			<b>1</b>	<b>2</b> 5:45-6:30 E Lisa 9:30-10:15 S Liz A. <hr/> 5:30-6:15 S Kelly	<b>3</b>      6:30-7:15 IC Lisa	<b>4</b> 5:45-6:30 IC Kelly	<b>5</b> 8:00-8:45 S Lisa 9:00-9:45 IC Lisa
A M — P M	<b>6</b> 9:00-9:45 S Danielle	<b>7</b> 9:30-10:15 I Liz S. <hr/> 5:30-6:15 S Lisa	<b>8</b>	<b>9</b> 5:45-6:30 IC Lisa 9:30-10:15 I Liz A. <hr/> 5:30-6:15 I Kelly	<b>10</b>      6:30-7:15 E Lisa	<b>11</b> 5:45-6:30 I Kelly	<b>12</b> 8:00-8:45 IC Lisa 9:00-9:45 E Lisa
A M — P M	<b>13</b> 9:00-9:45 I Danielle	<b>14</b> 9:30-10:15 S Liz S. <hr/> 5:30-6:15 I Lisa	<b>15</b>	<b>16</b> 5:45-6:30 I Lisa 9:30-10:15 R Liz A. <hr/> 5:30-6:15 E Kelly	<b>17</b>      6:30-7:15 I Lisa	<b>18</b> 5:45-6:30 S Kelly	<b>19</b> 8:00-8:45 E Lisa 9:00-9:45 I Lisa
A M — P M	<b>20</b> 9:00-9:45 E Danielle	<b>21</b> 9:30-10:15 IC Liz S. <hr/> 5:30-6:15 E Lisa	<b>22</b>	<b>23</b> 5:45-6:30 IC Lisa 9:30-10:15 E Liz A. <hr/> 5:30-6:15 I Kelly	<b>24</b>      6:30-7:15 S Lisa	<b>25</b> 5:45-6:30 E Kelly	<b>26</b> 8:00-8:45 R Lisa 9:00-9:45 S Lisa
A M — P M	<b>27</b> 9:00-9:45 IC Danielle	<b>28</b> 9:30-10:15 E Liz S. <hr/> 5:30-6:15 IC Lisa	<b>29</b>	<b>30</b> 5:45-6:30 S Lisa 9:30-10:15 I Liz A. <hr/> 5:30-6:15 IC Kelly	<b>31</b>      6:30-7:15 IC Lisa		

**Class Ride Codes:**

I=Interval    S=Strength & Hills    E=Endurance  
IC= Instructor's Choice    R=Race Day