

Group Cycling - Winter/ Spring 1 & 2 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 a.m.		Kim C. (Express)		Kim C. (Express)	Kim C. (Express)		
5:30 a.m.	Lisa		Dave				
6:00 a.m.		Ken		Pat			
7:45 a.m.						Tri Training Class (Chris)	
8:30 a.m.						Rotating Instructors	
9:00 a.m.	Shirley Through Spring 1	Rita	Shirley Through Spring 1	Rita		9:30 a.m. Cy/Yo (Misty)	
12:10 p.m.	Donna (Express)		Dana (Express)		Dana (Express)		
1:30 p.m.							Dana (Through Spring 1)
4:45 p.m.	Ginger (Express)	Kim S. (Express)	Chris (Express)	Kim S. (Express)			
5:30 p.m.	Gretchen	Jamie	Mary	Don			
6:30 p.m.	Mikki Through Spring 1	Ryan Through Spring 1	Don Through Spring 1	Ryan Through Spring 1			