

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
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6:15-7am	6:15-7am	6:15-7am	6:15-7am	6:15-7am	10:30-11:15am
Spin Tia	Spin Shannon	Spin Bridget	Spin Shannon	Spin Tia	Spin Jennifer

9-9:45am
Spin Jenny

9-9:45am
Spin Jenny

4-4:45pm	4-4:45pm	4-4:45pm	4-4:45pm
Spin Amanda	Spin Shannon	Spin Amanda	Spin Shannon

Sun.

5:15-6pm	5:15-6pm	5:15-6pm	5:15-6pm
Spin Bridget	Spin Tia	Spin Tia	Spin Tia

5:15-6pm
Spin Jennifer

6:15-7pm	6:15-7pm	6:15-7pm	6:15-7pm
Spin Bridget	Spin Melissa	Spin Tia	Spin Melissa

revised 2/7/08

7:15-8pm
Spin Jenny

7:15-8pm
Spin Jenny

