



CYCLING ZONE

# MARCH

Spring Into Shape



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING (NANCY) 5:30AM	BOOT CAMP MEET AT STUDIO 2 (NANCY) 5:30AM	CYCLE EXPRESS 5:30 AM w/ NANCY CYCLING (NANCY) 6:00 AM		CYCLING (NANCY) 5:30AM		
CYCLE 45 (JACKI) 8:00 AM		CYCLE 45 (MELISSA) 8:00 AM	CYCLE 45 (MELISSA) 8:00 AM	CYCLE 45 (ERIN) 8:00 AM	CYCLING (ROY) 9:00AM	
CYCLING (ANGIE) 4:30 PM		CYCLING (JACKI) 4:00 PM			CYCLING (MELISSA) 10:00AM	CYCLING (ERIN) 10:00AM
CYCLING (MICHAEL) 6:00PM	CYCLING (ROY) 6:00PM	CYCLING (ANDY) <b>NEW</b> 6:00PM	CYCLING (TRACY) 6:00PM	CYCLING (ERIN) 5:30PM		
 CYCLING & ABS (KRISTY)  7:00PM	CYCLING (JACKI) 7:00PM					

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