

THE MEGACYCLE CLASS SCHEDULE @ 89 NEWMAN SPRINGS RD! (September 5, 2017)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM MEGA RIDE HIIT SPIN- Jess	5:30AM MEGA-GRIND- Jenna	5:30 AM "25" HIIT SPIN -Jess	5:30AM MEGA-BOXING- Jenna			
				6AM MEGA RIDE HIIT SPIN- Amy		
					7:45AM "25" HIIT SPIN- Megan	7:30AM HOUR SPIN- Jessica
8:30AM "25"MEGA- SPIN- Amy	8:30AM FUSION- Megan/ Amy	8:30AM MEGA RIDE HIIT SPIN-Amy	8:30AM MEGA-BOXING- Amy	8:30AM MEGA RIDE HIIT SPIN- Jenna	8:30AM MEGA RIDE HIIT SPIN-Amy	8:30AM MEGA-GRIND- Jessica
8:30AM MEGA-GRIND- Gwenn		8:30 AM SCULPT & TONE -Gwenn		8:30AM FUSION- Amy/ Jenna	8:30AM TRX +- Megan	8:30AM "25" HIIT SPIN- Megan
9AM "25"MEGA- SPIN- Megan	9:15 AM SCULPT & TONE -Amy	9:15AM MEGA-GRIND- Amy	9:15 AM SCULPT & TONE -Megan			9:15AM MEGA RIDE HIIT SPIN- Megan
9:30AM MEGA-BOXING- Amy	9:30AM SPX-3 Megan/ Amy	9:30AM MEGA RIDE HIIT SPIN- Jenna	9:30AM SPX-3 Amy/ Megan	9:30AM MEGA RIDE HIIT SPIN- Megan	9:30AM MEGA RIDE HIIT SPIN- Jessica	
9:30AM "25"MEGA- SPIN- Megan	9:30AM HOUR SPIN- Megan	9:30AM FUSION- Amy	9:30AM HOUR SPIN- Amy	9:30AM TRX +- Amy	9:30AM MEGA SPIN TRX FUSION- Jessica / Amy	9:30AM SCULPT & TONE -Gwenn
10:15AM SCULPT & TONE -Megan						
		10:30AM MEGA-GRIND- Amy		10:30AM SCULPT & TONE -Megan		
12:15PM MEGA-GRIND - Amy				12:15PM MEGA-GRIND - Amy		
	KIDS CLASS- Margaret		KIDS CLASS- Margaret			
6:30PM MEGA-BOXING- Gwenn	6:30PM "25" MEGA SPIN- Amy	6:30PM SCULPT & TONE -Megan		6:30PM MEGA RIDE HIIT SPIN- Jessica		
			7PM "25" MEGA SPIN- Jessica			