

Group Cycling Schedule

Monday 2/21/2011	Tuesday 2/22/2011	Wednesday 2/23/2011	Thursday 2/24/2011	Friday 2/25/2011	Saturday 2/26/2011	Sunday 2/27/2011
HZ Intervals 5:30-6:30 AM Cycling Studio, Carrie Stansbery	HZ Endurance 5:30-6:30 AM Cycling Studio, Jean S.	HZ All Terrain 5:30-6:30 AM Cycling Studio, Cathy M.	Heart Zones 5:30-6:30 AM Cycling Studio, Tammy H.	HZ Cadence 5:30-6:30 AM Cycling Studio, Anita	HZ All Terrain 7:30-8:30 AM Cycling Studio, Ed J.	Heart Zones 7:30-8:30 AM Cycling Studio, Lee M.
HZ Endurance 9:15-10:15 AM Cycling Studio, Pam G.		Abs Plus 8:45-9:15 AM Cycling Studio, Pam G.	HZ Cadence 9:15-10:15 AM Cycling Studio, Pam G.	HZ Power 9:15-10:15 AM Studio Cycling, Debbie W.	HZ Power 9:00-10:00 AM Cycling Studio, Sharon L.	HZ Intervals 9:00-10:00 AM Cycling Studio, Michael R.
	HZ Cadence 12:00-1:00 PM Cycling Studio, Patrick M.		HZ Power 12:00-1:00 PM Cycling Studio, Sharon L.			
Heart Zones 4:30-5:30 PM Cycling Studio, Shirlene B.	HZ Intervals 5:45-6:45 PM Cycling Studio, Steve Garza	Cycle Circuit 4:30-5:30 PM Cycling Studio, Shirlene B.	HZ Endurance 5:45-6:45 PM Cycling Studio, Larry K.			
ATTA 5:45-6:45 PM Cycling Studio, Larry C.		HZ Power 5:45-6:45 PM Cycling Studio, Debbie W.				

Group Cycling Schedule

Monday 2/28/2011	Tuesday 3/1/2011	Wednesday 3/2/2011	Thursday 3/3/2011	Friday 3/4/2011	Saturday 3/5/2011	Sunday 3/6/2011
HZ Intervals 5:30-6:30 AM Cycling Studio, Carrie Stansbery	HZ Endurance 5:30-6:30 AM Cycling Studio, Jean S.	HZ All Terrain 5:30-6:30 AM Cycling Studio, Cathy M.	Heart Zones 5:30-6:30 AM Cycling Studio, Tammy H.	HZ Cadence 5:30-6:30 AM Cycling Studio, Anita	HZ All Terrain 7:30-8:30 AM Cycling Studio, Ed J.	Heart Zones 7:30-8:30 AM Cycling Studio, Lee M.
HZ Endurance 9:15-10:15 AM Cycling Studio, Pam G.		Abs Plus 8:45-9:15 AM Cycling Studio, Pam G.	HZ Cadence 9:15-10:15 AM Cycling Studio, Pam G.	HZ Power 9:15-10:15 AM Studio Cycling, Debbie W.	HZ Power 9:00-10:00 AM Cycling Studio, Sharon L.	HZ Intervals 9:00-10:00 AM Cycling Studio, Michael R.
	HZ Cadence 12:00-1:00 PM Cycling Studio, Patrick M.		HZ Power 12:00-1:00 PM Cycling Studio, Sharon L.			
Heart Zones 4:30-5:30 PM Cycling Studio, Shirlene B.	HZ Intervals 5:45-6:45 PM Cycling Studio, Steve Garza	Cycle Circuit 4:30-5:30 PM Cycling Studio, Shirlene B.	HZ Endurance 5:45-6:45 PM Cycling Studio, Larry K.			
ATTA 5:45-6:45 PM Cycling Studio, Larry C.		HZ Power 5:45-6:45 PM Cycling Studio, Debbie W.				