

SPINNING®

Aria Spa & Club

FEBRUARY 2002 SPINNING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* 45 minute classes. All other classes are 60 min.	28 January 6:15 STR 12:15* STR 5:30 STR	29 6:15 INT 9:30* INT	30 6:15 END 12:15 END 5:30 END	31 6:15 SP TRN 9:30* SP TRN	1 February 6:15 SP TRN 12:15* SP TRN 5:30 TRI SPIN	2 8:00 END 4:30 Spin & Stretch
3 See reverse for legend of classes.	4 6:15 SP TRN 12:15* SP TRN 5:30 SP TRN	5 6:15 STR 9:30* STR	6 6:15 INT 12:15* INT 5:30 INT	7 6:15 END 9:30* END	8 6:15 END 12:15* END 5:30 TRI SPIN	9 8:00 INT 4:30 Spin & Stretch
10 Heart Rate monitors recommended.	11 6:15 INT 12:15* INT 5:30 INT	12 6:15 SP TRN 9:30* SP TRN	13 6:15 END 12:15 END 5:30 END	14 6:15 STR 9:30* STR	15 6:15 STR 12:15* STR 5:30 TRI SPIN	16 8:00 STR 4:30 Spin & Stretch
17	18 6:15 END 12:15* END 5:30 END	19 6:15 END 9:30* END	20 6:15 STR 12:15 STR 5:30 STR	21 6:15 SP TRN 9:30* SP TRN	22 6:15 SP TRN 12:15* SP TRN 5:30 TRI SPIN	23 8:00 SP TRN 4:30 Spin & Stretch
24 Remember, Spinning can in- crease endurance for the slopes.	25 6:15 SP TRN 12:15 SP TRN 5:30 SP TRN	26 6:15 INT 9:30* INT	27 6:15 INT 12:15* INT 5:30 INT	28 6:15 END 9:30* END	1 March 6:15 END 12:15* END 5:30 TRI SPIN	2 8:00 END 4:30 Spin & Stretch