




SPIN SCHEDULE 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:20 AM	Early Bird Spin with DEE		Early Bird Spin with DEE		Early Bird Spin with Sarah	
9:00-10:00AM	Morning Spin with BRITTANY		Morning Spin with JANET		Morning Spin with JANET	Morning Spin with Katie
5:15-6:15PM	Afternoon Spin with JANET	Spin with KATIE (Last Tuesday of Month is 5:30)		Afternoon Spin with JANET		
107 BEN ALI DRIVE DANVILLE KY 40422 (859)936-935 WWW.MCDOWELLWELLNESS.COM						REVISED ON 9/1/21
<p>Spin? Please arrive 10 minutes early to get set up on bike. SPIN INSTRUCTORS: DEE MINOR, JANET FLUTY, KATIE NEWTON, SARAH HINES & BRITTANY TERRELL</p>						

