












SPIN SCHEDULE 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30-6:30 AM	Early Bird Spin with DEE	Early Bird Spin with Mattie	Early Bird Spin with DEE		Early Bird Spin with Katie		
8:15-9:15 AM	Morning Spin with Janet	Intro to Spin with MaryEllen	MORNING Spin with Mary Ellen		MORNING Spin with MaryEllen	Spin w/ Janet, Katie or MaryEllen	
9:30-10:30AM	Morning Spin w/ MaryEllen		MORNING Spin with JANET		MORNING Spin with JANET	Spin w/ Janet, Katie or MaryEllen	
5:00-6:00 PM	Afternoon SPIN WITH JANET	Afternoon SPIN with KATIE	Afternoon SPIN with Katie	Afternoon SPIN WITH JANET			
<p> New to Spin? Please arrive at least 5 minutes early and sit up front so we can give you guidance. Instructors: Dee Coffey, Janet Fluty, Mary Ellen Barsotti, Katie Newton and Mattie Zimmerman (revised on 1/1/19) </p>							