



Mason Rec
Indoor Cycle Schedule
Fall 2016
Classes are August 29-Dec 11
No classes Sept 5, Oct 10 and Nov 23-27



All Classes will take place in the Aquatic and Fitness Center Cycling Studio downstairs

	Monday	Tuesday	Wednesday	Thursday	Friday	
6:15-7:15am		DJ		Alison		
11:00-12:00pm						Rotating Instructors
12:00-1:00pm	Acacia/ Hang	Glynn	Stephanie K./ Acacia	Glynn	Sarah/ Hang	
4:00-5:00pm		Hang		Hang		
5:30-6:30pm	Stephanie K.		Liz		Rotating Instructors	
6:30-7:30pm		Kathy		Sheri		