



**Mason Rec
Indoor Cycle Schedule
Spring 2017**



Classes are Jan 23-May 06

No classes: Feb 20, March 11-19 and April 15&16

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

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