



# March 2025

## SPIN CLASS SCHEDULE

| SUNDAY | MONDAY                      | TUESDAY                        | WEDNESDAY                      | THURSDAY                 | FRIDAY | SATURDAY                    |
|--------|-----------------------------|--------------------------------|--------------------------------|--------------------------|--------|-----------------------------|
|        |                             |                                |                                |                          |        | 1<br>Spin 9AM<br>Jody       |
| 2      | 3<br>Spin 6PM<br>Lauren     | 4<br>Latin Spin<br>6PM Alicia  | 5<br>Spin 5:45AM<br>Melissa B  | 6<br>Spin 6PM<br>Lauren  | 7      | 8<br>Spin 9AM<br>Gerri      |
| 9      | 10<br>Spin 6PM<br>Laura     | 11<br>Latin Spin<br>6PM Alicia | 12<br>Spin 5:45AM<br>Melissa B | 13<br>Spin 6PM<br>Alicia | 14     | 15<br>Spin 9AM<br>Jody      |
| 16     | 17<br>Spin 6PM<br>Melissa G | 18<br>Latin Spin<br>6PM Alicia | 19<br>Spin 5:45AM<br>Melissa B | 20<br>Spin 6PM<br>Paula  | 21     | 22<br>Spin 9AM<br>Melissa B |
| 23     | 24<br>Spin 6PM<br>Paula     | 25<br>Latin Spin<br>6PM Alicia | 26<br>Spin 5:45AM<br>Melissa B | 27<br>Spin 6PM<br>Gerri  | 28     | 29<br>Spin 9AM<br>Melissa G |
| 30     | 31<br>Spin 6PM<br>Melissa G |                                |                                |                          |        |                             |