

JSpin Studio Schedule

DAY	TIME	INSTRUCTOR
Sunday	7:10am Cycle	Karolina
Monday	7:05am (30 min) SPRINT	Vicky
Tuesday	7:05am Cycle	Karolina
Tuesday (coming 12/2019)	11:00am (30 min) Cycle	Neal
Tuesday	6:30pm Cycle	Eileen
Wednesday	7:05am (30 min) SPRINT	Vicky
Wednesday	8:15am Cycle	Lisa R.
Thursday	7:05am Cycle	Karolina
Thursday (coming 12/2019)	11:00am (30 min) Cycle	Neal
Thursday	6:30pm Cycle	Raul
Friday	6:15am Cycle	Raul
Saturday	7:15am Cycle	Neal

All classes are 55 minutes unless otherwise noted