

Schedule effective  
05/01/2017



36 Leland Rd.  
Colts Neck, NJ  
732-414-2930

Effective April 1<sup>st</sup> Spin at  
9am every Saturday &  
Sunday through summer

## Spin Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	9:30am	9:30am	-	9:30am	9:30am	9am
-	-	7:00pm	-	7:00pm	-	-

\*After 1/16 evening classes change to 7:00pm

## Yoga

No yoga classes until the Fall...stay tuned for more details

## Boot Camp

	8:30am 5:45pm	-	8:30am 5:45pm	-	-	9:30am
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