

# Indoor Cycling Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Indoor Cycling</b> 8:15-9:00 am	<b>Instructors Choice!</b> 8:00-8:45 am	<b>30/30 Tabata® Boot Camp Express</b> 8:15-9:00 am	<b>Instructors Choice!</b> 8:00-8:45 am	<b>Indoor Cycling</b> 8:15-9:00 am	<b>Indoor Cycling</b> 8:00 – 8:45 am
			<b>Express Indoor Cycling</b> 9:30 – 10:00 am		
<b>Indoor Cycling</b> 5-5:45 pm <b>(Intro)</b> Recovery & Endurance		<b>Express Indoor Cycling</b> 5:30–6 pm <b>(Intro)</b> Recovery & Endurance (Warm up before Class)			
		<b>Indoor Cycling</b> 6:15-7:00 pm			
	<b>Indoor Cycling</b> 7-7:45 pm		<b>Indoor Cycling</b> 7-7:45 pm		

**Report to class 15 minutes prior to class for an Intro. Bike selection will be on first come first-serve basis. The instructor will have the door open at least 5 minutes before class starts for members to get their bikes.**

**Class schedules are subject to change.**

For an update speak to our Health & Fitness reception staff. Before engaging in any Group Fitness program, consult with your physician.

Call 321-567-2201 or go to [parrishhealthandfitness.com](http://parrishhealthandfitness.com) for more information.