

CYCLING SCHEDULE

**Effective Monday,
August 4, 2008**

Blanchard PARK YMCA

Our Mission: The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen spirit, mind and body.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	STUDIO CYCLING		STUDIO CYCLING		STUDIO CYCLING		
8:15am						STUDIO CYCLING 75 min	
9:15am	STUDIO CYCLING		STUDIO CYCLING		STUDIO CYCLING		
10:30am						STUDIO CYCLING	
12:00pm		STUDIO CYCLING		STUDIO CYCLING			STUDIO CYCLING 12:15pm
6:00pm	STUDIO CYCLING	STUDIO CYCLING		STUDIO CYCLING		Studio Cycling Classes are 45 minutes in duration unless noted otherwise. Please bring water and we suggest using a heart rate monitor during class.	
6:30pm			TRIATHALON CLUB TRAINING \$				
7:00pm							

*\$ TRIATHALON CLUB IS A FEE BASED TRAINING CLUB \$50.00 per training year. Members only

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Schedule is Subject to Change. Child Development Hours: Mon. - Fri. 8:00am - 1:30pm & 4:00 - 8:30pm; Saturday: 8:00am-3pm; Sunday: 12:00pm - 3:00pm.