

SPINNING

MONDAYS

7:00 am - 8:00 am w/Laura

STARTING OCTOBER 3RD, 2022 THRU MAY 2023

WEDNESDAYS

7:00 am - 8:00 am w/Laura

5:45 pm - 6:45 pm w/Linda

STARTING OCTOBER 5TH, 2022 THRU MAY 2023

FRIDAYS

7:00 am - 8:00 am w/Laura

5:45 pm - 6:45 pm SPIN/BOOTCAMP w/Linda

STARTING OCTOBER 7TH, 2022 THRU MAY 2023

SATURDAYS

9:00am-10:00am SPIN w/Linda

(10:00am-11:00am YOGA)

STARTING NOVEMBER 5TH, 2022 THRU MAY 2023

DROP IN VISIT \$5 * 10 VISIT PUNCH CARD \$40

30 DAY UNLIMITED PASS \$75 (CAN BE USED FOR SPIN/YOGA/BOOTCAMP)



SportsPLEX

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space in advance

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