

SPIN SCHEDULE 2012

TIMES	MON	TUE	WED	THUR	FRI	SAT	SUN
5:15-5:55am	Spin Express				Spin Express		
5:30-6:25am							
6:00-7:00am		Spin		Spin			
6:00-7:15am	Spin & Abs		Spin & Abs		Spin & Abs		
6:45-7:40am						Spin	
7:30-8:25am				Spin			
7:30-8:45am	Spin & Abs						
7:45-8:40am						Spin	
7:30-8:25am		Spin					
8:00-9:15am					Spin & Abs		
8:00-9:00am			Spin				
8:15-9:25am							Spin & Abs
8:45-9:40am						Spin	
9:30-10:25am	Spin	Spin	Spin	Spin	Spin		
12:00-12:45			Spin Express				
5:00-5:55pm	Spin						
6:00-7:15pm		Spin	Spin & Abs				
6:30-7:45pm	Spin & Abs						