




# SPIN SCHEDULE 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:20 AM	Early Bird Spin with DEE		Early Bird Spin with DEE		Early Bird Spin with SARAH	
8:30-9:30AM	Morning Spin with SARAH		Morning Spin with JANET		Morning Spin with JANET	
9:00-10:00AM						Saturday Spin
10:15-11:00AM		HIIT & SPIN with Janet		HIIT & Spin with Janet		
5:30-6:30PM	Evening Spin with KATIE	Evening Spin with KATIE		Evening Spin with JANET		
7 BEN ALI DRIVE DANVILLE KY 40422 (859)936-935 <a href="http://WWW.MCDOWELLWELLNESS.C">WWW.MCDOWELLWELLNESS.C</a>						REVISED ON 1/1/23

pin? Please arrive 10 minutes early to get set up on bike.

**SPIN INSTRUCTORS: DEE MINOR, JANET FLUTY, KATIE NEWTON, SARAH HINES & RHONDA HARPER**

