




SPIN SCHEDULE 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM	Early Bird Spin with DEE		Early Bird Spin with MATT		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		
5:15-6:00PM	HIIT & Spin with JANET					
5:15-6:15PM		Evening Spin with KATIE		Spin & Pump with Kelly		
7 BEN ALI DRIVE DANVILLE KY 40422 (859)936-935 WWW.MCDOWELLWELLNESS.COM						REVISED ON 2/12/24
<p>Spin? Please arrive 10 minutes early to get set up on bike. SPIN INSTRUCTORS: DEE MINOR, JANET FLUTY, KATIE NEWTON, SARAH HINES, MICHELLE BISCHOFF , KELLY SAWTELLE, & MATT MURRY</p>						

