



YMCA SPINNING TIMETABLE

SUMMER TIMETABLE STARTING 1st February 09



	6.00am	8.30am	12.15pm	4.00pm	5.30pm
MONDAY	SPINNING Dianne		SPINNING Michael		SPINNING Rose
TUESDAY	SPINNING Naomi		Beginner (30 min) SPINNING Michael	SPINNING Sue	SPINNING Dianne
WEDNESDAY	SPINNING Dianne		SPINNING Dianne		SPINNING Mura
THURSDAY	SPINNING Naomi		Beginner (30 min) SPINNING Sue		SPINNING Caroline
FRIDAY	SPINNING Caroline		SPINNING Naomi		
SATURDAY		SPINNING Emmie			