



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SPIN SCHEDULE

THOMASVILLE YMCA

	Time	Class	Instructor
Monday	5:30 AM	Spin	Rachel Holly Rhonda
	5:30 PM	Spin	
	6:30 Pm	Spin	
Tuesday	5:30 AM	Spin	Lauren Kim Suzanna Sam
	12:10 PM	Spin	
	5:30 PM	Spin	
	6:30 PM	Spin	
Wednesday	5:30 PM	Spin	Holly
Thursday	5:30 AM	Spin	Lauren Kim Suzanna Sam
	12:10 PM	Spin	
	5:30 PM	Spin	
	6:30 PM	Spin	
Friday			
Saturday	9:00 AM	Spin	TBA

All classes are held in the spin room.

