

# Dovercourt Spin Schedule

**March 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 6:00pm Endurance	2 5:45pm Cycle Yoga	3 6:30am Endurance 5:45pm Endurance 6:45pm Endurance	4 7:35pm Strength	5 6:30am Interval 5:15pm Cycle Yoga 6:45pm Cycle Yoga	6 7:30am Cycle Yoga 9:15am Interval
7	8 6:00 pm Mix it Up	9 5:45pm Cycle Yoga	10 6:30am Strength 5:45pm Strength 6:45pm Interval	11 7:35pm Mix it Up	12 6:30am Strength 5:15pm Cycle Yoga 6:45pm Cycle Yoga	13 7:30am Cycle Yoga 9:15am Mix It Up
14	15 6:00 pm Strength	16 5:45pm Cycle Yoga	17 6:30am Mix It Up 5:45pm Interval 6:45pm Mix It Up	18 7:35pm Endurance	19 6:30am Mix It Up 5:15pm Cycle Yoga 6:45pm Cycle Yoga	20 7:30am Cycle Yoga 9:15am Strength
21	22 6:00pm Interval	23 5:45pm Cycle Yoga	24 6:30am Interval 5:45pm Mix it Up 6:45pm Strength	25 7:35pm Interval	26 6:30am Endurance 5:15pm Cycle Yoga 6:45pm Cycle Yoga	27 7:30am Cycle Yoga 9:15am Endurance
28	29 6:00pm Endurance	30 5:45pm Cycle Yoga	31 6:30am Endurance 5:45pm Endurance 6:45pm Endurance	1 APRIL 7:35pm Strength	2 APRIL NO CLASSES	3 APRIL NO CLASSES

**Please Note:** Classes with Low Registration could be cancelled with a weeks notice

- All Spin Classes are held in the Preschool room and spots in addition to registered seats will be managed on a first come, first served basis.
- Class Descriptions are posted on our Web Site: [www.dovercourt.org](http://www.dovercourt.org)

**New Clients:** Please arrive early for set up and instruction. New clients will not be allowed into the class if they arrive late.

**Late Arrivals:** Please be considerate of your fellow spinners: arriving late disrupts the flow of the class.

**Class Length:** 5:45pm and 6:45pm classes are 50min. (time on the bike); 6:30am classes are 40min. in length (time on the bike)