

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
5:30 am		SPIN		SPIN			
6:00 am	SPIN STRONG 45		SPIN STRONG 45		SPIN STRONG 45		
8:00 am						SPIN STRONG 45	
9:00 am	SPIN STRONG 45	POWER YAS	Stages Flight	SPIN & POWER CORE	SPIN STRONG 45	Stages Flight	POWER YAS
10:00 am	SPIN & POWER CORE				SPIN & POWER CORE		
10:15 am		SPIN & SPORT 30/30		SPIN & SPORT 30/30		SPIN & SPORT 30/30	SPIN
12:15 pm	SPIN		SPIN				
5:30 pm	Stages Flight 45	SPIN STRONG	POWER YAS 30/30	SPIN STRONG	Stages Flight	STAGES FLIGHT™	
6:30 pm	SPIN & POWER CORE	Stages Flight 45					