



CLASS SCHEDULE

2023

All Classes 45 minutes unless otherwise noted

*subject to
change without
notice*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Brian		5:45 AM Brian			8:00 AM Brian	8:00 AM Nick
		9:00 AM Nada		9:00 AM Nada	9:00am Sophie/ Kathy	9:00am Ramsay
6:00pm Nick		6:15 PM Aimee	6:15 PM Ramsay			

RESERVATIONS MAY BE MADE at 5:00am online, 7:30am walk ins or by calling 203.775.4444 x 9 the day before a scheduled class.

AVAILABLE 5 MINUTES PRIOR TO CLASS START.



SPINNING POLICIES

RESERVING A SPOT

- Online registration is open at 5am the day before a scheduled class.
- Walk in and call reservations will be taken at 7:30am the day before a scheduled class.
- Choose your bike and be ON a bike 5 minutes prior to class start time or your reservation will no longer be honored and will become available to a waiting member.
- To cancel a reservation, please call 203-775-4444 to have name removed from the roster.

YOUR BIKE

- Your presence reserves your bike.
- Members may not hold bikes for other members.
- Choose your own bike no sooner than 15 minutes before a scheduled class.
- Do not bring towels or any other belongings to the studio to hold a bike.
- Bikes become available on a first come, first serve basis 15 minutes prior to class start time.

ROOM/CLASS ETIQUETTE

- No beverages other than water in the studio.
- Entering a class in progress is prohibited.
- Do not enter a studio before a previous class has left.
- Suggested arrival time is at least 10 minutes prior to class.
- Avoid leaving a class if possible. Notify instructor if you must leave early.
- Cell phone use during a class is prohibited.
- Keep conversation to a minimum.
- It is your ride, but please follow the instructor's routine unless a break is needed.

THANK YOU, ENJOY YOUR RIDE!