

studio C schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 a.m.	Freestyle Nancy		GROUP RIDE™ Nicole D		GROUP RIDE™ Nicole D.		
7:30 a.m.	Express David	R30 David	Express David	R30 David	Express David		
8:00 a.m.						GROUP RIDE Matt	
8:15 a.m.	R30 Deborah	Express Nancy	R30 Melissa	Express Nancy	R30 Melissa		
10:00 a.m.						R30 Sandra	
10:15 a.m.	R30 Matt		R30 Matt				
10:30 a.m.							R30 Rachelle
11:15 a.m.		R30 Kama		R30 Kama	R30 Melissa		
3:30 p.m.	GROUP RIDE™ David		GROUP RIDE™ David				
5:00 p.m.		R30 Deborah		R30 Deborah	R30 Deborah		
5:30 p.m.		GROUP RIDE Matt R.		GROUP RIDE David			
6:00 p.m.	Performance Ride Nancy		Performance Ride Nancy				