



Cycling

Schedule Effective 5/26/26 – 9/6/26

| <i>Time</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|----------------|---------------------------------|----------------|---------------------------------|-----------------|---------------------------------|---|---------------|
| <i>5:30 am</i> | Tim/Meredith/Nate 45 Minutes | | Tim/Meredith/Nate 45 Minutes | | Tim/Meredith/Nate 45 Minutes | | |
| <i>8:00 am</i> | | | | | | Megan 45 Minutes | |
| <i>9:00 am</i> | Monica/Amy 45 Minutes | | Jackie 45 minutes | | Heather 45 Minutes | Cycling for Beginners 30 Minutes Megan | |
| <i>5:15 pm</i> | Kim 45 Minutes | | Cathy 45 Minutes | | | | |
| <i>6:00 pm</i> | | | | | | | |

Stay up to date with any class changes on the JAC App