


EFFECTIVE October 1, 2018

SPIN STUDIO SCHEDULE — SYNERGY BALDWIN (516) 771-1717

MONDAY:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00AM RISE N' RIDE PHIL		6:00-7:00AM SPIN BRETT			8:00-9:00AM THE RYDE PHIL	9:00-10:00AM SPIN BRETT
9:00-10:00 SPIN BRETT	9:30-10:30 SPIN PATTI M	9:00-10:00 SPIN CATHERINE	9:30-10:30 SPIN PATTI M	9:00-10:00 THE RYDE PHIL	9:15-10:15 THE RYDE PHIL	
						
6:30-7:30PM ILONA SPIN		6:30-7:30PM SPIN MARIA		OPEN 24 HOURS 7 DAYS A WEEK QUESTIONS & COMMENTS: CHILD CARE HOURS: MON- SUN 8:00 AM — 12:00PM MON- THUR 5:00PM — 9:00PM		
	7:00-8:00 SPIN PHIL		7:00-8:00 SPIN PHIL			

All classes subject to change without notice.

Updated 9/24/2018

KNOW ANY SPIN INSTRUCTORS? SYNERGY IS ALWAYS LOOKING FOR TEAM MEMBERS! ANYONE INTERESTED, PLEASE TEXT VAL AT 516-279-9692