

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM Raney	5:30AM Raney	5:30AM Raney		5:30AM Grace		
					7:30AM Virtual Rider w/ Doug Ultimate Energy	
8:00AM Virtual Rider w/ Josh "Turn and Burn"	8:00AM Virtual Rider w/ Lorey "Train and Tone"				8:45AM Julie	8:30AM Raney or Grace
				9:30AM Virtual Rider w/ Doug "Ultimate Energy"		9:30AM Virtual Rider w/ Josh Crank it UP
12:00PM Virtual Rider w/ Lorey "Train and Tone"		12:00PM Virtual Rider w/ Doug Ultimate Energy		12:00PM Virtual Rider w/ Josh "Max Results"		
						
	6:00PM Raney		6:00PM Julie	6:00PM Virtual Rider w/ Lorey "Train and Tone"		
7:00PM Virtual Rider w/ Doug "Ultimate Energy"	7:00PM Virtual Rider w/ Josh "Max Results"	7:00PM Virtual Rider w/ Josh "Crank it up!"	7:00PM Virtual Rider w/ Josh "Turn and Burn"	<div>Spin Schedule</div>		