



CYCLING SCHEDULE

September 2018

Ponte Vedra Inn & Club

Contact the Gym Desk with Questions at 273-7707.
Fitness schedule also available at www.pvicmember.com

MON

9:30 A.M.
CYCLE
45 MINUTES (CARA)

6 P.M.
CYCLE
60 MINUTES (KATIE)

TUE

8:30 A.M.
CYCLE
55 MINUTES (CARA)

9:30 A.M.
CYCLE
45 MINUTES (CARA)

WED

5:30 A.M.
CYCLE
45 MINUTES (CARA)

NOON
CYCLE
45 MINUTES (CARA)

6 P.M.
CYCLE
60 MINUTES (KATIE)

THU

8:30 A.M.
CYCLE
55 MINUTES (CARA)

9:30 A.M.
CYCLE
45 MINUTES (CARA)

FRI

9:30 A.M.
CYCLE
45 MINUTES (SUSAN)

NOON
CYCLE
45 MINUTES (CARA)

SAT

8:15 A.M.
CYCLE
60 MINUTES (KATIE)

SUN

9 A.M.
CYCLE
60 MINUTES (KATIE)