



Ponte Vedra Inn & Club

# CYCLING SCHEDULE

## FEBRUARY 2019

Contact the Gym Desk with Questions at 273-7707.  
Fitness schedule also available at [www.pvicmember.com](http://www.pvicmember.com)

MON

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

6 P.M.  
CYCLE  
45-60 MINUTES  
(JERRY)

TUE

8:30 A.M.  
CYCLE  
45 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 (CARA)

THU

8:30 A.M.  
CYCLE  
45 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 (DEBBIE)

SUN

9 A.M.  
CYCLE  
60 MINUTES (JERRY)