



Ponte Vedra Inn & Club

# CYCLING SCHEDULE

## OCTOBER 2017

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  
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)