

Longview Recreation Center Indoor Cycling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15am Indoor Cycling		5:30-6:15am Indoor Cycling		5:30-6:15am Indoor Cycling	
	8:30-9:30am Spinerval		8:30-9:30am Spinerval	8:30-9:15am Indoor Cycling	8:30-9:15am Indoor Cycling
9:15am-10am Indoor Cycling NEW TIME					9:30am-10:30am Spinerval NEW
	4:15-5:00pm Indoor Cycling		4:15-5:00pm Indoor Cycling		
				5:00-5:45 pm Indoor Cycling	<u>Sunday</u>
6:00-7:00 pm Indoor Cycling	6:00-6:45 pm Indoor Cycling				3:00 -4:00pm Spinerval