



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MEMBERS PLEASE READ! With the busy months approaching, please be respectful and follow the rules for signing in. 1. All members must stop at the desk before entering the studio to pay/punch cards and sign in. 2. The sign in time is 30-minutes before every class begins. 3. You may only sign yourself in-no saving bikes for others. 4. You must sign both your first and last names clearly and what time you signed in.					1	2
					Sue @ 5:30am Maria @ 10:00am	Crisan @ 8:00am
3	4	5	6	7	8	9
Sue @ 8:00am 	Sue @ 5:30am Crisan @ 4:15pm	Maria @ 10:00am BegSpin@4:15 Jeff @ 5:30pm	Mandy @ 5:30am Crisan @ 4:15pm	BegSpin @4:15	Mandy@ 5:30am Maria@10:00am	Crisan @ 8:00am
10	11	12	13	14	15	16
Sue @ 8:00am	Mandy@ 5:30am Crisan @ 4:30pm	Maria@ 10:00am BegSpin@4:15 Jeff @ 5:30pm	Sue @ 5:30am Crisan@ 4:15pm	BegSpin @ 4:15	Fran @ 5:30am Gary @ 10:00am	Crisan @ 8:00am
17	18	19	20	21	22	23
Sue @ 8:00am	Sue @ 5:30am Crisan @ 4:15pm	Maria @ 10:00am BegSpin@4:15 Jeff @ 5:30pm	Mandy 5:30am Crisan@ 4:15pm	Beg-Spin@4:15	Fran @ 5:30am Maria@10:00am	Crisan @ 8:00am
24	25	26	27	28	29	30
Sue @ 8:00am	Merry Christmas	Maria @ 10:00am BegSpin@4:15 Jeff @ 5:30pm	Mandy@5:30am Crisan@4:15pm	BeSpin@4:15	Crisan @ 5:30am Maria@10:00am	Crisan @ 8:00am
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Sue @ 8:00am					Thank you all so very much for your patronage and have a Safe and Happy Holiday from all of the ITZ Cycling Staff!	

ITZ CYCLING @ FIT HAPPENS
 39 ARTERIAL PLAZA GLOVERSVILLE
 518-725-5433 OR VISIT go2fithappens.com
 (Click on the Spinning tab for schedule)

