

Boca Spin Studio

WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM ROBERT S VIDEO RIDE 45 MIN	8:30 AM CHRISTINE ROAD TRIPPIN 45 MIN	8:30 AM ANDI BODYSHOP 45 MIN	8:30 AM CHRISTINE ROAD TRIPPIN 45 MIN	8:30 AM KRISTA THE ZONE 45 MIN	7:30 AM ROBERT S VIDEO RIDE 45 MIN	9:30 AM BECKY HOUSE HIIT 55 MIN
9:30 AM ANDI BODYSHOP 45 MIN	9:30 AM BIANCA BOOTYRIDE 45 MIN	9:30 AM BECKY HILLS AND DRILLS 45MIN	9:30 AM BECKY THROWBACK THURSDAYS 45 MIN	9:30 AM BECKY BOOTY RIDE 45 MIN	9:30 AM INSTRUCTOR ROTATION SPIN CYCLE 45 MIN	
	6:00 PM BIANCA SPIN FACTORY 45 MIN	6:00 PM KRISTA SPIN FACTORY 45 MIN	6:00 PM CHARLOTTE HOUSE HIIT 45 MIN			