



YMCA of the Suncoast
Hernando Branch
 1300 Mariner Blvd.
 Spring Hill, FL 34609
 (352) 688-9622 www.suncoastymca.org

Cycling Schedule: Morning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	5:45 Cycle I I Terrie	5:45 Cycle & Tone Barb	5:45 Cycle I I Terrie	5:45 Cycle I Barb	5:45 Cycle I I Terrie		
6am							
7 am						7:15 Cycle 1 Terrie	
8 am	8:45 Cycle I Barry						
9 am		9:30 Cycle II Jenn	9:00 Cycle & Tone Barb		9:45 Cycle II Barry	9:00 Cycle II Barry, Stacey, Terrie & Kristy	
10 am	10:00 Cycle II Jenn	10:30 Cycle I Jenn	10:00 Cycle II Jenn	10:00 Cycle & Tone Jenn			
11 am							



Cycling Schedule: Afternoon and Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm	5:30 Cycle I Barry	5:45 Cycle I Helen		5:45 Cycle II Dawn			
6 pm	6:30 Cycle I Stacey	6:30 Cycle II Helen	6:30 Cycle I Stacey	6:45 Cycle II Terrie			
7pm	7:15 Cycle II Stacey	7:45 Cycle II Stacey	7:15 Cycle II Stacey				