

SPIN SCHEDULE

FALL 2024 FOR INFO AND TO PURCHASE A MEMBERSHIP, VISIT [RECSports.VT.EDU/GROUPEX](https://recsports.vt.edu/groupeX) OR SCAN QR CODE 



	MON	TUE	WED	THR	FRI
6AM					
7AM	7:30-8:15 CYCLE	7:00-7:45 CYCLE	7:30-8:15 CYCLE	7:00-7:45 CYCLE	7:30-8:00 CYCLE 30
8AM		8:30-9:15 CYCLE	8:30-9:15 CYCLE	8:30-9:15 CYCLE	
9AM	9:30-10:15 CYCLE		9:30-10:15 CYCLE		9:30-10:15 CYCLE
10AM					
11AM					
12PM	12:15-1:00 CYCLE & CORE		12:30-1:00 CYCLE 30	12:30-1:00 CYCLE 30	12:30-1:00 CYCLE 30
1PM					
2PM					
3PM					
4PM					4:00-4:45 CYCLE
5PM	5:00-5:45 CYCLE	5:30-6:15 CYCLE	5:00-5:45 CYCLE	5:30-6:15 CYCLE	5:00-5:45 CLUB CYCLE
6PM					
7PM					

	SAT	SUN
10AM		
11AM		
12PM		
1PM		
2PM		
3PM		
4PM		4:00-4:45 CYCLE
5PM		

LOCATION KEY

CYCLE STUDIO
WAR MEMORIAL HALL

SPIN CITY
MCCOMAS

MEMBERSHIP OPTIONS

FULL PASS
Access to all in-person group ex, F45, & virtual classes
\$90/YEAR | \$55/SEMESTER

EARLY BIRD
Access to all in-person group ex, F45, & virtual classes from 6AM-2PM
\$55/YEAR | \$35/SEMESTER