

SPIN SCHEDULE SPRING 2025

	MON	TUE	WED	THUR	FRI	
6AM						
7AM	6:45-7:30 CYCLE	6:45-7:30 CYCLE	7:15-8:00 CYCLE	6:45-7:30 CYCLE	7:15-8:00 CYCLE	
8AM		8:30-9:15 CYCLE	8:30-9:15 CYCLE	8:30-9:15 CYCLE		
9AM	9:00-9:45 CYCLE				9:00-9:45 CYCLE	
10AM						
11AM		11:00-11:45 CYCLE				
12PM						
1PM	12:30-1:00 CYCLE 30				12:30-1:15 CYCLE	
2PM						
3PM	3:00-3:45 CYCLE				3:00-3:45 CYCLE	
4PM		4:00-4:45 CYCLE		4:00-4:45 CYCLE		
5PM	5:15-6:00 CYCLE	5:15-6:00 CYCLE	5:15-6:00 CYCLE	5:15-6:00 CYCLE		
6PM						
7PM	7:00-7:45 CYCLE		7:00-7:45 CYCLE			
	SAT	SUN	LOCATION KEY <div style="background-color: #008080; color: white; padding: 5px; text-align: center;"> CYCLE STUDIO <small>WAR MEMORIAL</small> </div> <div style="background-color: #4B0082; color: white; padding: 5px; text-align: center;"> SPIN CITY <small>McCOMAS</small> </div>		MEMBERSHIP OPTIONS <div style="background-color: white; color: #4B0082; padding: 10px; text-align: center;"> FULL PASS <small>Access to all in-person group ex, F45 and virtual classes</small> \$55/SEMESTER </div> <hr/> <div style="background-color: white; color: #4B0082; padding: 10px; text-align: center;"> EARLY BIRD <small>Access to all in-person group ex, F45 and virtual classes from 6AM-2PM</small> \$35/SEMESTER </div>	
10AM						
11AM						
12PM						
1PM	1:00-1:45 CYCLE					
2PM						
3PM						
4PM		4:00-4:45 CYCLE				
5PM						
			FOR INFO AND TO PURCHASE A MEMBERSHIP, VISIT RECSPORTS.VT.EDU/GROUPEX OR SCAN QR CODE			