

SPIN SCHEDULE *SPRING 2025*

For info and to purchase a membership, visit recsports.vt.edu/groupex



STUDENT AFFAIRS
RECREATIONAL SPORTS
VIRGINIA TECH.

MONDAY

6:45-7:30 am - CYCLE - Spin City at McComas
9:00-9:45 am - CYCLE - Cycle Studio at War Memorial Hall
12:30-1:00 pm - CYCLE 30 - Cycle Studio at War Memorial Hall
3:00-3:45 pm - CYCLE - Spin City at McComas
5:15-6:00 pm - CYCLE - Spin City at McComas
7:00-7:45 pm - CYCLE - Cycle Studio at War Memorial Hall

TUESDAY

6:45-7:30 am - CYCLE - Spin City at McComas
8:30-9:15 am - CYCLE - Spin City at McComas
11:00-11:45 am - CYCLE - Cycle Studio at War Memorial Hall
4:00-4:45 pm - CYCLE - Cycle Studio at War Memorial Hall
5:15-6:00 pm - CYCLE - Spin City at McComas

WEDNESDAY

7:35-8:00 am - CYCLE - Cycle Studio at War Memorial Hall
8:30-9:15 am - CYCLE - Spin City at McComas
5:15-6:00 pm - CYCLE - Spin City at McComas

THURSDAY

6:45-7:30 am - CYCLE - Spin City at McComas
8:30-9:15 am - CYCLE - Spin City at McComas
4:00-4:45 pm - CYCLE - Cycle Studio at War Memorial Hall
5:15-6:00 pm - CYCLE - Spin City at McComas

FRIDAY

7:15-8:00 am - CYCLE - Cycle Studio at War Memorial Hall
9:00-9:45 am - CYCLE - Spin City at McComas
12:30-1:15 pm - CYCLE - Cycle Studio at War Memorial Hall
3:00-3:45 pm - CYCLE - Spin City at McComas

SATURDAY

1:00-1:45 pm - CYCLE - Cycle Studio at War Memorial Hall

SUNDAY

4:00-4:45 pm - CYCLE - Cycle Studio at War Memorial Hall

MEMBERSHIP OPTIONS

FULL PASS

Access to all in-person group exercise, F45, and virtual classes

\$55/SEMESTER

EARLY BIRD

Access to all in-person group exercise, F45, and virtual classes

\$35/SEMESTER

WEEKEND HOURS

War Memorial gym opens at noon
McComas gym opens at 10 am