

# SPIN SCHEDULE

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



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

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

## LOCATION KEY

SPIN CITY

STUDIO A

## MEMBERSHIP OPTIONS

FOR INFO AND TO PURCHASE - [RECSPORTS.VT.EDU/GROUPEX](https://recsports.vt.edu/grouper)

### FULL PASS

Access to all in-person group ex, F45, & virtual classes

**\$55/SEMESTER**

### EARLY BIRD

Access to all in-person group ex, F45, & virtual classes from 6AM-2PM

**\$35/SEMESTER**

### VIRTUAL

Access to all classes in Studios A & B virtual live-stream

**\$30/SEMESTER**