



Northborough Spin Schedule (9.15.2010)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM							LIVESTRONG® <small>INDOOR CYCLING®</small> <i>Cathy M</i>
9:30 AM			LIVESTRONG® <small>INDOOR CYCLING®</small> <i>Jessica D</i>				
5:45 PM		LIVESTRONG® <small>INDOOR CYCLING®</small> <i>Jessica D</i>	LIVESTRONG® <small>INDOOR CYCLING®</small> <i>Cathy M</i>		LIVESTRONG® <small>INDOOR CYCLING®</small> <i>Linda B.</i>		
7:00 PM		LIVESTRONG® <small>INDOOR CYCLING®</small> <i>Jessica D</i>		LIVESTRONG® <small>INDOOR CYCLING®</small> <i>Karen M</i>			