



Cycle Schedule
YMCA Fairfax County Reston
Fall I: September 3-October 27

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle Studio	Cycle Studio	Cycle Studio	Cycle Studio	Cycle Studio	Cycle Studio	Cycle Studio
6:00-7:00A	Cycling 6:30-7:15 Jeff	Cycling 6:00-6:45 Shauna		Cycling 6:00-6:45 Erika	Cycling 6:00-6:45 Shauna		
7:00-8:00A							
8:00-9:00A						Cycling 8:00-9:00 Jen/Shaua	Cycling 8:30-9:15 Sean
9:00-10:00A						Cycling 9:15-10:15 Jen/Shaua	
10:00-11:00A		Easy Rider 10:00-10:30 Carolyn *beginner class		Cycling 10:00-11:00 Jen			
11:00-12:00P							
12:00-4:00P							HOURS OF OPERATION: Building Hours: Monday - Friday: 5:00am to 10:00pm Saturday: 7:00am to 9:00pm Sunday: 8:00am to 8:00pm Child Watch Hours: (6 weeks-12 years) Monday-Friday: 8:30am-1:00pm Saturday and Sunday: 8:00am-1:00pm (6 weeks-5 years old) Monday-Friday: 4:30pm to 8:00pm Kids Adventure Zone Hours: (6-12 years old) Monday-Friday: 5:00pm to 8:00pm
5:00-6:00P							
6:00-7:00P	Cycling 6:00-6:45 Sean	Cycling 6:00-6:45 Sean	Cycling 6:00-6:45 Sean				
7:00-10:00P	Cycling 7:00-7:45 Sean	Cycling 7:00-7:45 Sean	Cycling 7:00-7:45 Sean				