Cycle Schedule
YMCA Fairfax County Reston
Spring I: March 2nd-April 26th

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 Shauna	**Cycling** 8:30-9:15 Sean
9:00-10:00A						**Cycling** 9:15-10:15 Jen/Sean	
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							
5:00-6:00P							
6:00-7:00P	**Cycling** 6:00-7:00 Sean	**Cycling** 6:00-7:00 Sean	**Cycling** 6:00-7:00 Sean				
7:00-10:00P							

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