



# Spin Room (upstairs) @ Plainview YMCA

July 30th - August 6th

313 Ennis  
Plainview, TX 79072  
806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Spin</b> Teacher Rotation 5:30am - 6:15am		<b>Spin</b> Lana Branam 5:30am - 6:15am		<b>Spin</b> Lynda Reagan 5:30am - 6:15am		
8am	<b>Spin</b> Brandi Barnett 8:30am - 9:15am		<b>Spin</b> Brandi Barnett 8:30am - 9:15am				
9am						<b>Spin</b> Teacher Rotation 9am - 10am	
6pm	<b>Spin</b> Lisa Davis 6:30pm - 7:15pm	<b>Spin</b> Teacher Rotation 6:30pm - 7:15pm		<b>Spin</b> Teacher Rotation 6:30pm - 7:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.