

24 Hour Access



12 Hampton Village Shopping Center
St. Louis, MO 63109
(314) 752-2582
www.clubfitness.us

Childcare Available:
Mon-Sat 8 a.m.-12 p.m.
Mon-Thur 4:30 p.m.-8:30
p.m.

UPDATED: 11/14/11

Spinning Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 A.M. Melanie	6:00 A.M. Barbara	6:00 A.M. Darren	6:00 A.M. Barbara	6:00 A.M. Melanie	8:00 A.M. Darren	9:00 A.M. Melanie
9:00 A.M. Jill/Lisa	9:00 A.M. Jill	9:00 A.M. Robin	9:00 A.M. Barbara	9:00 A.M. Tasha	9:30 A.M. Chris	
	11:00 A.M. Lisa	4:45 P.M. Reece		11:00 A.M. Lisa		
6:00 P.M. Deambre	6:00 P.M. Chris	6:00 P.M. Barbara	6:00 P.M. Jill			
7:15 P.M. Barbara	7:15 P.M. Jill		7:15 P.M. Gerald			

- ❖ You must sign-up to reserve a bike for spinning class. You are able to sign-up at the front desk up to a week in advance of the class you would like to participate in.
- ❖ Water bottles are mandatory for each rider.
- ❖ If you are new, please arrive 10 to 15 minutes prior to class to be set up by the instructor.
- ❖ If you are riding with clips, please only wear them in the SPIN room.