

2011 / 2012 Training Center Schedule



Come feel the energy of cycling with a group that grinds out all the long climbs, flies across the flats, sprints up the hillsides and ALWAYS finishes together.

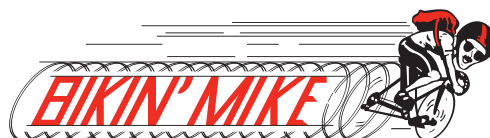
In the Bikin' Blast Training Center at Plano Cycling & Fitness, everyone rides their own bike on an indoor trainer. This allows participants to ride a bike that fits while providing a full range of resistance options.

Our class schedule includes Core & More and our NEW Early Bird Class at 5:30AM.

Wear your cycling clothes and gloves for comfort but you can leave your helmet at home. Towels are encouraged and water is a must.

October 31 - March 24

Mondays:	<i>530AM Bikin' Blast</i>	<i>Renee Jordan</i>
Mondays:	630PM Bikin' Blast	Bikin' Mike Keel
Mondays:	800PM Core & More	Aleda Keel
Tuesdays:	6PM Power Blast	Frank Cortese
Tuesdays:	730PM Bikin' Blast	Bikin' Mike Keel
Wednesdays:	<i>530AM Bikin' Blast</i>	<i>Renee Jordan</i>
Wednesdays:	630PM Bikin' Blast	Bikin' Mike Keel
Wednesdays:	800PM Core & More	Aleda Keel
Thursdays:	6PM Power Blast	Frank Cortese
Thursdays:	730PM Bikin' Blast	Bikin' Mike Keel
Fridays:	<i>530AM Bikin' Blast</i>	<i>Renee Jordan</i>
Saturdays:	8AM Bikin' Blast	Bikin' Mike Keel
Saturdays:	930AM Bikin' Blast	Bikin' Mike Keel



www.bikinmike.com