






















Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15am	 Janelle		 Janelle			8:00am	 Andrea	
5:45am		DUATHLON CYCLING Rob		 Andrea	DUATHLON CYCLING Rob	9:00am	 Megan	
9:15 AM	 Anna							
10:15am		 Megan		 Megan		2:45pm		 Tom
12:00pm		 Megan	 Anna	 Megan	 Anna			
4:30pm		 Amber			 Aimee/Matt			
5:30pm	 Tom	 Denise	 Megan	 Tom				
6:30pm	 Tom		 Megan					

Miscellaneous

	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Time						9:00am	Yoga for Runners (CLASSROOM) Instructor Rotation	
4:00pm								
6:30pm								

Riverplex Recreation and Wellness Center

600 N.E. Water Street

Peoria, IL 61603

309-282-1700

Hours

Mon-Fri 5am to 10pm

Sat - Sun 7am - 7pm

7/15/2010

