

# CYCLEFIT

## WINTER 2012 SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>A M</b>		7:30-8:30	8:00-8:45	7:30-8:30	8:00-9:00		
		9:45-10:30	10:15-11:00	9:30-10:30	10:30-11:30	9:30-10:30	11:00-12:00 Weekend Mix
<b>P M</b>		12:00-12:45	1:15-2:15	12:00-1:00	12:00-12:45	12:00-1:00	
		3:30-4:30	4:00-5:00	4:00-5:00	3:30-4:30	2:00-3:00	
	6:00-7:00 Weekend Mix	4:45-5:45	6:00-7:00	5:30-6:30	5:00-6:00		

### Contacts:

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### Key Dates:

Winter registration opens:  
**January 2nd**

Winter schedule:  
 Starts: **January 9th**  
 Ends: **April 1st**

Wellness shoe tags will be  
 required for participation as  
 of **January 16th**

### General Information:

Shoe Tags can be purchased  
 online at:  
[www.laurierathletics.com/registration](http://www.laurierathletics.com/registration)

Shoe tags can be picked up at  
 the Hawk Desk



visit [www.laurierathletics.com/recreation](http://www.laurierathletics.com/recreation) for more information