

# Valley Points Family YMCA

## August Group Cycling Schedule

IF YOU THINK  
YOU CAN  
YOU'RE RIGHT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KVB</b> 5:45-6:35am	<b>AVB</b> 5:15-6:05am	<b>KVB</b> 5:45-6:35am	<b>AVB</b> 5:15-6:05am	<b>KVB</b> 5:45-6:35am	
<b>AVB</b> 8:30-9:20am		<b>AVB</b> 8:30-9:20am		<b>AVB</b> 8:30-9:20am	<b>AVB</b> 8:15-9:05am
<b>NKB</b> 9-9:50am		<b>NKB</b> 9-9:50am		<b>NKB</b> 9-9:50am	<b>KVB</b> 8:15-9:05am
<b>KVB</b> 9:15-10:05am	<b>AVB</b> 9:15-10:05am	<b>KVB</b> 9:15-10:05am	<b>AVB</b> 9:15-10:05am	<b>KVB</b> 9:15-10:05am	<b>NKB</b> 9:15-10:05am
<b>AVB</b> 10:15-11:05am		<b>AVB</b> 10:15-11:05am		<b>AVB</b> 10:15-11:05am	<b>AVB</b> 9:15-10:05am
<b>NKB</b> 6-6:50pm			<b>NKB</b> 6-6:50pm	<b>Allegheny Valley</b> <b>Kiski Valley</b> <b>New Kensington</b>	
<b>AVB</b> 6-6:50pm	<b>AVB</b> 6-6:50pm		<b>AVB</b> 6-6:50pm		
	<b>KVB</b> 6:15-7:05pm		<b>KVB</b> 6:15-7:05pm		
		<b>NKB</b> 7-7:50pm	<b>AVB</b> Praise & Worship Spin 7:15-8:05pm		