

Valley Points Family YMCA

January Group Cycling Schedule

IF YOU THINK
YOU CAN
YOU'RE RIGHT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KVB 5:45-6:35am	AVB 5:15-6:05am	KVB 5:45-6:35am	AVB 5:15-6:05am	KVB 5:45-6:35am	
AVB 8:30-9:20am		AVB 8:30-9:20am		AVB 8:30-9:20am	AVB 8:15-9:05am
NKB 9-9:50am		NKB 9-9:50am		NKB 9-9:50am	NKB 9-9:50am
KVB 9:15-10:05am	AVB 9:15-10:05am	KVB 9:15-10:05am	AVB 9:15-10:05am	KVB 9:15-10:05am	KVB 9:15-10:05am
AVB 10:15-11:05am		AVB 10:15-11:05am		AVB 10:15-11:05am	AVB 9:15-10:05am
NKB 6-6:50pm	NKB 6-6:50pm	NKB 5:45-6:35pm	NKB 6-6:50pm	NKB 5:30-6:20pm	Sunday
AVB 6-6:50pm	AVB 6-6:50pm	AVB 6-6:50pm	AVB 6-6:50pm	Allegheny Valley Kiski Valley New Kensington	AVB 1:30-2:20pm
	KVB 6:15-7:05pm		KVB 6:15-7:05pm		
NKB 7-7:50pm		NKB 7-7:50pm	NKB 7-7:50pm		