

GROUP CYCLING

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
The Sportscenter schedules are available at our website @ sportscenternc.com					1 8:45 INTERVAL Tara	2 9:30 INSTRUCTOR'S CHOICE RIDE :) Tara
3	4 Labor Day! 8:45 INTERVAL Tara *NO PM Classes today*	5 5:30 AM RIDE Scott 9:30 MIXED FORMAT Kim 6:00 INTERVAL Jamie	6 8:45 LONG RIDE (1 hour) Mary 6:00 MIXED FORMAT Darren	7 5:30 AM RIDE Scott 9:30 INTERVAL Mary 6:00 INTERVAL Darren	8 8:45 MIXED FORMAT Tara	9 9:30 INTERVAL Jamie
10	11 8:45 MIXED FORMAT Tara 6:00 INTERVAL Darren	12 5:30 AM RIDE Scott 9:30 ENDURANCE Kim 6:00 MIXED FORMAT Jamie	13 8:45 LONG RIDE (1 hour) Tara 6:00 ENDURANCE Darren	14 5:30 AM RIDE Scott 9:30 MIXED FORMAT Mary 6:00 INTERVAL Jamie	15 8:45 INTERVAL Tara	16 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
17	18 8:45 INTERVAL Tara 6:00 STRENGTH Darren	19 5:30 AM RIDE Scott 9:30 STRENGTH Kim 6:00 ENDURANCE Jamie	20 8:45 LONG RIDE (1 hour) Mary 6:00 INTERVAL Darren	21 *NO 5:30 AM class today* 9:30 ENDURANCE Kim 6:00 MIXED FORMAT Darren	22 8:45 MIXED FORMAT Tara	23 9:30 INTERVAL Darren
24	25 8:45 INTERVAL Tara 6:00 INTERVAL Jamie	26 5:30 AM RIDE Scott 9:30 INTERVAL Kim 6:00 MIXED FORMAT Darren	27 8:45 LONG RIDE (1 hour) Tara 6:00 INTERVAL Darren	28 5:30 AM RIDE Scott 9:30 STRENGTH Mary 6:00 MIXED FORMAT Jamie	29 8:45 INTERVAL Tara	30 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren