

GROUP CYCLING

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy New Year! <u>*NO classes today*</u> Enjoy your holiday	2 8:45 LONG RIDE (1 hour) Tara <u>6:00</u> INTERVAL Darren	3 5:30 AM RIDE Scott 9:30 INTERVAL Mary <u>6:00</u> MIXED FORMAT Jamie	4 8:45 INTERVAL Tara	5 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
6	7 8:45 INTERVAL Mary <u>6:00</u> MIXED FORMAT Darren	8 :30 AM RIDE Scott 9:30 STRENGTH Kim <u>6:00</u> INTERVAL Jamie	9 8:45 LONG RIDE (1 hour) Mary <u>6:00</u> ENDURANCE Faith	10 5:30 AM RIDE Faith 9:30 ENDURANCE Kim <u>6:00</u> INTERVAL Darren	11 8:45 MIXED FORMAT Tara	12 9:30 INTERVAL Faith
13	14 8:45 INTERVAL Tara <u>6:00</u> STRENGTH Faith	15 5:30 AM RIDE Scott 9:30 MIXED FORMAT Kim <u>6:00</u> INTERVAL Jamie	16 8:45 LONG RIDE (1 hour) Tara <u>6:00</u> MIXED FORMAT Darren	17 5:30 AM RIDE Faith 9:30 INTERVAL Mary <u>6:00</u> INTERVAL Faith	18 8:45 INTERVAL Tara	19 9:30 INSTRUCTOR'S CHOICE RIDE :) Jamie
20	21 8:45 INTERVAL Tara <u>6:00</u> INTERVAL Jamie	22 5:30 AM RIDE Scott 9:30 INTERVAL Kim <u>6:00</u> ENDURANCE Darren	23 8:45 LONG RIDE (1 hour) Mary <u>6:00</u> STRENGTH Faith	24 5:30 AM RIDE Faith 9:30 STRENGTH Kim <u>6:00</u> INTERVAL Darren	25 8:45 MIXED FORMAT Tara	26 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
27	28 8:45 INTERVAL Tara <u>6:00</u> MIXED FORMAT Darren	29 5:30 AM RIDE Scott 9:30 ENDURANCE Kim <u>6:00</u> STRENGTH Jamie	30 8:45 LONG RIDE (1 hour) Tara <u>6:00</u> INTERVAL Darren	31 5:30 AM RIDE Faith 9:30 STRENGTH Mary <u>6:00</u> MIXED FORMAT Faith	Scott Scott Beecher Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Kim Kim McMurray Jamie Jamie Moon Darren Darren Nicholls Faith Faith Trammell	