

GROUP CYCLING February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:45 INTERVAL Tara	2 9:30 INTERVAL Darren
3	4 8:45 INTERVAL Tara <u>6:00</u> INTERVAL Darren	5 5:30 AM RIDE Scott 9:30 INTERVAL Kim <u>6:00</u> STRENGTH Jamie	6 8:45 LONG RIDE (1 hour) Mary <u>6:00</u> MIXED FORMAT Faith	7 5:30 AM RIDE Faith 9:30 MIXED FORMAT Kim <u>6:00</u> INTERVAL Darren	8 8:45 MIXED FORMAT Tara	9 9:30 Valentine Ride with Jamie
10	11 8:45 INTERVAL Tara <u>6:00</u> MIXED FORMAT Darren	12 5:30 AM RIDE Scott 9:30 STRENGTH Kim <u>6:00</u> Valentine Ride with Jamie	13 8:45 LONG RIDE (1 hour) Tara <u>6:00</u> INTERVAL Faith	14 5:30 AM RIDE Faith 9:30 INTERVAL Mary <u>6:00</u> MIXED FORMAT Darren	15 8:45 INTERVAL Tara	16 9:30 INTERVAL Faith
17	18 8:45 INTERVAL Tara <u>6:00</u> INTERVAL Jamie	19 5:30 AM RIDE Scott 9:30 ENDURANCE Kim <u>6:00</u> STRENGTH Darren	20 8:45 LONG RIDE (1 hour) Mary <u>6:00</u> ENDURANCE Faith	21 5:30 AM RIDE Faith 9:30 STRENGTH Kim <u>6:00</u> INTERVAL Darren	22 8:45 MIXED FORMAT Tara	23 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
24	25 8:45 INTERVAL Tara <u>6:00</u> MIXED FORMAT Darren	26 5:30 AM RIDE Scott 9:30 MIXED FORMAT Kim <u>6:00</u> INTERVAL Jamie	27 8:45 LONG RIDE (1 hour) Tara <u>6:00</u> STRENGTH Faith	28 5:30 AM RIDE Faith 9:30 ENDURANCE Mary <u>6:00</u> INTERVAL Darren	Scott Beecher Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Kim Kim McMurray Jamie Jamie Moon Darren Darren Nicholls Faith Faith Trammell	