

GROUP CYCLING

March 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|--|--|--|
| | | | | | 1 8:45 INTERVAL Tara | 2 9:30 INTERVAL Faith |
| 3 | 4 8:45 INTERVAL Tara 6:00 MIXED FORMAT Darren | 5 5:30 AM RIDE Scott 9:30 ENDURANCE Kim 6:00 STRENGTH Faith | 6 8:45 LONG RIDE (1 hour) Mary 6:00 INTERVAL Darren | 7 5:30 AM RIDE Faith 9:30 STRENGTH Kim 6:00 INTERVAL Jamie | 8 8:45 MIXED FORMAT Tara | 9 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren |
| 10 | 11 8:45 INTERVAL Tara 6:00 STRENGTH Faith | 12 5:30 AM RIDE Scott 9:30 MIXED FORMAT Kim 6:00 ENDURANCE Jamie | 13 8:45 LONG RIDE (1 hour) Tara 6:00 INTERVAL Darren | 14 5:30 AM RIDE Faith 9:30 INTERVAL Mary 6:00 MIXED FORMAT Darren | 15 8:45 INTERVAL Tara | 16 9:30 INTERVAL Darren |
| 17 | 18 8:45 INTERVAL Tara 6:00 MIXED FORMAT Darren | 19 5:30 AM RIDE Scott 9:30 INTERVAL Kim 6:00 STRENGTH Jamie | 20 8:45 LONG RIDE (1 hour) Tara 6:00 MIXED FORMAT Faith | 21 5:30 AM RIDE Faith 9:30 ENDURANCE Kim 6:00 INTERVAL Darren | 22 8:45 MIXED FORMAT Tara | 23 9:30 INSTRUCTOR'S CHOICE RIDE :) Faith |
| 24 | 25 8:45 INTERVAL Tara 6:00 MIXED FORMAT Darren | 26 5:30 AM RIDE Scott 9:30 STRENGTH Kim 6:00 INTERVAL Faith | 27 8:45 LONG RIDE (1 hour) Tara 6:00 MIXED FORMAT Darren | 28 5:30 AM RIDE Faith 9:30 MIXED FORMAT Mary 6:00 INTERVAL Jamie | 29 8:45 INTERVAL Tara | 30 9:30 INSTRUCTOR'S CHOICE RIDE :) Jamie |
| 31 | | | | Scott Scott Beecher Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Kim Kim McMurray Jamie Jamie Moon | Darren Darren Nicholls Faith Faith Trammell | |