

GROUP CYCLING June 2020

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