

GROUP CYCLING July 2020

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