

GROUP CYCLING

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:45 INTERVAL Tara 6:00 INTERVAL Faith	3 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	4 8:45 INTERVAL Mary 6:00 INTERVAL Faith	5 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	6 8:45 INTERVAL Tara	7 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
8	9 8:45 INTERVAL Tara 6:00 INTERVAL Faith	10 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	11 8:45 INTERVAL Tara 6:00 INTERVAL Faith	12 9:30 INTERVAL Kim 6:00 INTERVAL Faith	13 8:45 INTERVAL Tara	14 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
15	16 8:45 INTERVAL Tara 6:00 INTERVAL Faith	17 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	18 8:45 INTERVAL Mary 6:00 INTERVAL Faith	19 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	20 8:45 INTERVAL Tara	21 9:30 Turkey Trot Ride with Jamie Happy Thanksgiving!
22	23 8:45 INTERVAL Tara 6:00 INTERVAL Faith	24 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	25 8:45 INTERVAL Tara <u>*NO PM Classes today*</u>	26 Happy Thanksgiving!!	27 *NO Classes today* Enjoy the holiday!	28 9:30 INSTRUCTOR'S CHOICE RIDE :) Jamie
29	30 8:45 INTERVAL Tara 6:00 INTERVAL Faith			If You are NEW to Spin, please arrive 15 minutes prior to class START time for proper bike set up and instruction. Bring water and a towel.	Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Kim Kim McMurray Jamie Jamie Moon Darren Darren Nicholls Faith Faith Trammell	