

# GROUP CYCLING May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.	<b>Get there early</b> , at least <b>10 minutes before</b> class start time to set up Safely bike!!					1 9:30 INSTRUCTOR'S CHOICE RIDE :) Jamie
2	3 8:45 INTERVAL Tara 6:00 INTERVAL Faith	4 9:30 INTERVAL Kim 6:00 INTERVAL Darren	5 8:45 INTERVAL Mary 6:00 INTERVAL Faith	6 9:30 INTERVAL Mary 6:00 INTERVAL Jamie	7 8:45 INTERVAL Tara	8 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
9 Happy Mother's Day!	10 8:45 INTERVAL Tara 6:00 INTERVAL Faith	11 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	12 8:45 INTERVAL Tara 6:00 INTERVAL Faith	13 9:30 INTERVAL Kim 6:00 INTERVAL Darren	14 8:45 INTERVAL Tara	15 9:30 INSTRUCTOR'S CHOICE RIDE :) Jamie
16	17 8:45 INTERVAL Tara 6:00 INTERVAL Faith	18 9:30 INTERVAL Kim 6:00 INTERVAL Darren	19 8:45 INTERVAL Mary 6:00 INTERVAL Faith	20 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	21 8:45 INTERVAL Tara	22 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
23	24 8:45 INTERVAL Tara 6:00 INTERVAL Faith	25 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	26 8:45 INTERVAL Mary 6:00 INTERVAL Faith	27 9:30 INTERVAL Kim 6:00 INTERVAL Darren	28 8:45 INTERVAL Tara	29 9:30 INTERVAL Tara
30	31 Memorial Day 8:45 INTERVAL Tara  <u>*NO PM Class today*</u>			Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Kim Kim McMurray Jamie Jamie Moon Darren Darren Nicholls Faith Faith Trammell	Faith Faith Trammell	