

GROUP CYCLING July 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.	Get there early, at least 10 minutes before class start time to set up bike!	Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Kim Kim McMurray Jamie Jamie Moon Darren Darren Nicholls Faith Faith Trammell		1 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	2 8:45 INTERVAL Tara	3 9:30 INTERVAL Tara
4	5 Holiday Schedule 8:45 INTERVAL Tara *NO PM Class today*	6 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	7 8:45 INTERVAL Mary 6:00 INTERVAL Stacey	8 9:30 INTERVAL Kim 6:00 INTERVAL Darren	9 8:45 INTERVAL Tara	10 9:30 INSTRUCTOR'S CHOICE RIDE :) Faith
11	12 8:45 INTERVAL Tara 6:00 INTERVAL Faith	13 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	14 8:45 INTERVAL Mary 6:00 INTERVAL Faith	15 9:30 INTERVAL Kim 6:00 INTERVAL Darren	16 8:45 INTERVAL Tara	17 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren
18	19 8:45 INTERVAL Tara 6:00 INTERVAL Jamie	20 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	21 8:45 INTERVAL Tara 6:00 INTERVAL Stacey	22 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	23 8:45 INTERVAL Tara	24 9:30 INSTRUCTOR'S CHOICE RIDE :) Jamie
25	26 8:45 INTERVAL Tara 6:00 INTERVAL Faith	27 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	28 8:45 INTERVAL Mary 6:00 INTERVAL Faith	29 9:30 INTERVAL Kim 6:00 INTERVAL Darren	30 8:45 INTERVAL Tara	31 9:30 INSTRUCTOR'S CHOICE RIDE :) Darren