

# Group Cycling February 2023

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