

Group Cycling

September 2023

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				1 8:45 INTERVAL Tara	2 9:30 INSTRUCTOR'S Choice Ride Mary
3	4 Happy Labor Day! <u>*NO Classes today*</u>	5 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	6 8:45 INTERVAL Mary	7 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	8 8:45 INTERVAL Tara	9 9:30 INSTRUCTOR'S Choice Ride Jamie
10	11 8:45 INTERVAL Tara	12 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	13 8:45 INTERVAL Jamie	14 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	15 8:45 INTERVAL Tara	16 9:30 INSTRUCTOR'S Choice Ride Jamie
17	18 8:45 INTERVAL Tara	19 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	20 8:45 INTERVAL Jamie	21 9:30 INTERVAL Jamie <u>*NO 6:00 Class today*</u>	22 8:45 INTERVAL Tara	23 9:30 INSTRUCTOR'S Choice Ride Darren
24	25 8:45 INTERVAL Tara	26 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	27 8:45 INTERVAL Mary	28 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	29 8:45 INTERVAL Tara	30 9:30 INSTRUCTOR'S Choice Ride Jamie