

Group Cycling

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:45 INTERVAL Tara	2 9:30 INTERVAL Mary 6:00 INTERVAL Jamie	3 8:45 INTERVAL Mary	4 Happy 4th of July!! <u>*NO Classes today*</u>	5 8:45 INTERVAL Tara	6 9:30 INSTRUCTOR'S Choice Ride Jamie
7	8 8:45 INTERVAL Tara	9 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	10 8:45 INTERVAL Mary	11 9:30 INTERVAL Kim <u>*NO 6:00 Class today*</u>	12 8:45 INTERVAL Tara	13 9:30 INSTRUCTOR'S Choice Ride Tara
14	15 8:45 INTERVAL Tara	16 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	17 8:45 INTERVAL Mary	18 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	19 8:45 INTERVAL Tara	20 9:30 INSTRUCTOR'S Choice Ride Jamie
21	22 8:45 INTERVAL Tara	23 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	24 8:45 INTERVAL Mary	25 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	26 8:45 INTERVAL Tara	27 9:30 INSTRUCTOR'S Choice Ride Jamie
28	29 8:45 INTERVAL Tara	30 9:30 INTERVAL Kim 6:00 INTERVAL Jamie	31 8:45 INTERVAL Mary		Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Kim Kim McMurray Jamie Jamie Moon Darren Darren Nicholls	