

Group Cycling September 2024

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