

# Group Cycling March 2025

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