

# Group Cycling

# May 2025

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