

Group Cycling July 2025

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