

Group Cycling September 2025

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