

Group Cycling October 2025

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