

Group Cycling December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:45 INTERVAL Tara	2 <u>*NO 9:15 Class today*</u> 6:00 INTERVAL Jamie	3 8:45 INTERVAL Mary	4 9:15 INTERVAL Angel 6:00 INTERVAL Jamie	5 8:45 INTERVAL Jamie	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 Tara
14	15 8:45 INTERVAL Tara	16 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	17 8:45 INTERVAL Mary	18 9:15 INTERVAL Tamsey 6:00 Jingle All the Way ride with Jamie	19 8:45 INTERVAL Tara	20 9:30 Jingle All the Way ride with Jamie
21	22 8:45 INTERVAL Tara	23 9:15 INTERVAL Tamsey 6:00 Jingle All the Way ride with Jamie	24 Christmas Eve	25 Merry Christmas!!	26 Enjoy your holiday! <u>*NO Class today*</u>	27 9:30 INSTRUCTOR'S Choice Ride Angel
28	29 8:45 INTERVAL Tara	30 9:15 INTERVAL Angel 6:00 INTERVAL Jamie	31 New Year's Eve 8:45 INTERVAL Mary		Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Jamie Jamie Moon Tamsey Tamsey Smith	