

Group Cycling November 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 9:30 INSTRUCTOR'S Choice Ride Jamie
2	3 8:45 INTERVAL Tara	4 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	5 8:45 INTERVAL Mary	6 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	7 8:45 INTERVAL Tara	8 9:30 INSTRUCTOR'S Choice Ride Jamie
9	10 8:45 INTERVAL Tara	11 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	12 8:45 INTERVAL Mary	13 9:15 INTERVAL Tamsey <u>*NO 6:00 Class today*</u>	14 8:45 INTERVAL Tara	15 9:30 INSTRUCTOR'S Choice Ride Tara
16	17 8:45 INTERVAL Tara	18 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	19 8:45 INTERVAL Mary	20 9:15 INTERVAL Tamsey 6:00 <u>TURKEY Trot</u> with Jamie	21 8:45 INTERVAL Tara	22 9:30 <u>TURKEY Trot</u> with Jamie
23	24 8:45 INTERVAL Tara	25 9:15 INTERVAL Tamsey 6:00 <u>TURKEY Trot</u> with Jamie	26 8:45 INTERVAL Tara	27 Happy Thanksgiving!!	28 Enjoy your holiday! <u>*NO Classes today*</u>	29 Enjoy your holiday! <u>*NO Classes today*</u>
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