

Group Cycling

February 2026

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