

Group Cycling January 2026

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