

Group Cycling

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tara Tara Absher Stacey Stacey Lockman Mary Mary Masius Jamie Jamie Moon Tamsey Tamsey Smith Angel Angel Stoy			1 8:45 INTERVAL Tara	2 <u>*NO 9:15 Class today*</u> <u>*NO 6:00 Class today*</u>	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 Jamie	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 Angel 6:00 INTERVAL Jamie	15 8:45 INTERVAL	16 9:15 INTERVAL Angel 6:00 INTERVAL Jamie	17 8:45 INTERVAL Tara	18 9:30 INSTRUCTOR'S Choice Ride Jamie
19	20 8:45 INTERVAL Tara	21 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	22 8:45 INTERVAL	23 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	24 8:45 INTERVAL Tara	25 9:30 INSTRUCTOR'S Choice Ride Jamie
26	27 8:45 INTERVAL Tara	28 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	29 8:45 INTERVAL	30 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie		