

Group Cycling

May 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 9:30 INSTRUCTOR'S Choice Ride Tara
3	4 8:45 INTERVAL Tara	5 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	6 8:45 INTERVAL	7 9:15 INTERVAL Angel 6:00 INTERVAL Jamie	8 8:45 INTERVAL Tara	9 9:30 INSTRUCTOR'S Choice Ride Jamie
10 Happy Mother's Day!!	11 8:45 INTERVAL Tara	12 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	13 8:45 INTERVAL	14 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	15 8:45 INTERVAL Tara	16 9:30 INSTRUCTOR'S Choice Ride Jamie
17	18 8:45 INTERVAL Tara	19 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	20 8:45 INTERVAL	21 9:15 INTERVAL Tamsey <u>*NO 6:00 Class today*</u>	22 8:45 INTERVAL Tamsey	23 9:30 INSTRUCTOR'S Choice Ride Stacey
24	25 Memorial Day! <u>*NO 8:45 class today*</u>	26 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	27 8:45 INTERVAL	28 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	29 8:45 INTERVAL Tara	30 9:30 INSTRUCTOR'S Choice Ride Jamie
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