

# Group Cycling June 2026

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