

Group Cycling July 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 | 2 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie | 3 8:45 INTERVAL Tara | 4 Happy Fourth of July! 9:30 INSTRUCTOR'S Choice Ride Jamie |
| 5 | 6 8:45 INTERVAL Tara | 7 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie | 8 8:45 INTERVAL | 9 9:15 INTERVAL Tamsey <u>*NO 6:00 Class today*</u> | 10 8:45 INTERVAL Tara | 11 9:30 INSTRUCTOR'S Choice Ride Tara |
| 12 | 13 8:45 INTERVAL Tara | 14 9:15 INTERVAL Angel 6:00 INTERVAL Jamie | 15 8:45 INTERVAL | 16 9:15 INTERVAL Tamsey 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 Angel <u>*NO 6:00 Class today*</u> | 31 8:45 INTERVAL Tara | |