

Group Cycling August 2026

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