

Group Cycling

September 2026

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