

October Group Cycling

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 INTERVAL Angel *NO 6:00 Class today*	2 8:45 INTERVAL Tara	3 9:30 Instructor's Choice Ride Tara
4	5 8:45 INTERVAL Tara	6 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	7 8:45 INTERVAL	8 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	9 8:45 INTERVAL Tara	10 9:30 Instructor's Choice Ride Jamie
11	12 8:45 INTERVAL Tara	13 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	14 8:45 INTERVAL	15 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	16 8:45 INTERVAL Tara	17 9:30 Instructor's Choice Ride Jamie
18	19 8:45 INTERVAL Tara	20 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	21 8:45 INTERVAL	22 9:15 INTERVAL Angel 6:00 INTERVAL Jamie	23 8:45 INTERVAL Jamie	24 9:30 Instructor's Choice Ride Jamie
25	26 8:45 INTERVAL Tara	27 9:15 INTERVAL Tamsey 6:00 INTERVAL Jamie	28 8:45 INTERVAL	29 9:15 INTERVAL Tamsey *NO 6:00 Class today*	30 8:45 INTERVAL Tara	31 9:30 Instructor's Choice Ride Tara