November Group Cycling 2026

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