

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					5:15AM BS- I 6:00 AM BS-S 9:15-10:45PM BD-A+C 4:15PM AJ - I	10:00AM BS-I
3	4	5	6	7	8	9
10:30AM MF/BF - I	5:15AM BS - I Small Changes 6:00AM BT- S 9:15AM - 10:30 AM AW-I Spin Core 6:45PM AJ - I Disco Jam	5:15AM JB- I Spin Stretch 8:30AM SD - S/I 6:30PM AJ - S/I	5:15AM AJ - S Climb High 6:00AM BS- I 9:00AM FV - S 6:30PM AJ - I	5:15AM DC- S/I 9:00AM AJ- S 6:30PM BF/MF - S T.B.T.	5:15AM AJ- S 6:00 AM AJ-I 9:15-10:45PM BD-A+C 4:15PM BS- S/I	Double Spin Saturday 10:00AM JB-S 11:15 AM AW-RD Linda's Charity Ride
10	11	12	13	14	15	16
10:30AM MF - S	5:15AM BS - S/I The Good, Bad and the Ugly 6:00AM BT- I 9:15AM-10:30 AM AW-RD Spin Core 6:45PM AJ - I/S	5:15AM JB- S/I Spin Stretch 8:30AM SD - S 6:30PM AJ - I Speed Spin	5:15AM BT - S Love those Hills 6:00AM BS- S 9:00AM FV - I 6:30PM HA - S	5:15AM DC- S 9:00AM AJ- S Shot of Love 6:30PM BF/MF - I Heart to Heart	5:15AM AJ- I 6:00 AM AJ-I/S 9:15-10:45PM BD-A+C 4:15PM BS- I	10:00AM BS-S Walter's Wiggles
17	18	19	20	21	22	23
10:30AM BF/MF - S 90-minute ride	5:15AM BS - S 6:00AM BT- S/I 9:15AM - 10:30 AM AW-I Spin Core 6:45PM AJ - I	5:15AM JB- I Spin Stretch 8:30AM SD- I 6:30PM AJ-S	5:15AM AJ - I 6:00AM BS- S 9:00AM FV - S 6:30PM AJ - S/I Big Ring!	5:15AM DC- S/I 9:00AM AJ- I 6:30PM BF/MF - S/I	5:15AM BS- I 6:00 AM BS-S Yellow Zone 9:15-10:45PM AJ-A+C 4:15PM AJ - S	10:00AM AJ-I
24	25	26	27	28		
10:30AM - I	5:15AM BS - I 6:00AM BT- S 9:15AM - 10:30 AM AW-S Spin Core 6:45PM AJ - I	5:15AM JB- I Spin Stretch 8:30AM SD- I 6:30PM AJ-S	5:15AM BT - I 6:00AM BS- S 9:00AM FV - RD 6:30PM AJ - S/I	5:15AM DC- I 9:00AM AJ- I 6:30PM BF/MF - S/I Diff'rent Strokes		
Reservation may be required Call (281) 497-7570	ED - Erin Danielson AW-Allison Whisler BT-Bill Thomas	BD-Betsy Dodson BS-Becky Stevens AJ-Alice Jones	JB-Jeff Biehl DC-Debbie Cannella FV-Felipe Veracochea	CC-Charlotte Crawford SD-Sue Donahoe HA-Heather Attaway	JO- Osbon BF/MF- Bill/Michele Foss CS-Cathy Staerker	fitness@fitmac.com or (281) 497-7570