

# April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<b>Easter Sunday</b>	5:15AM BS-I	5:15AM JB- S <b>Spin Stretch</b>	5:15AM AJ- I	5:15AM DC- S	5:15AM BS- S		
	6:00AM BT- S	8:30AM SD- RD	6:00AM BS- I	9:00AM AJ- I	6:00AM BS- I	10:00AM -11:00AM BS-S/I	
	9:00 DC- S/I		9:00-10:00 FV-S	<b>HIT</b>	9:15-10:30 BD - A+C 4:15PM HA - I	<b>Power Train</b>	
<b>No Classes</b>	6:45PM AJ- S	6:30PM AJ- C100	6:30PM AJ - S	6:30PM BF/MF- RD			
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
	5:15AM BS-I	5:15AM JB- S <b>Spin Stretch</b>	5:15AM BT- I	5:15AM DC- S	5:15AM AJ S		
	6:00AM BT- S	8:30AM BS - I	6:00AM BS- I	9:00AM AJ- I	6:00AM AJ- I	10:00AM -11:00AM AW - I	
10:30AM -11:30AM MF/BF -I	9:00 HA- S/I		<b>Power Play!</b>		9:15-10:30 BD - A+C		
<b>90 Minute Ride</b>	6:45PM AJ- S	6:30PM AJ- C100	6:30PM HA- S	6:30PM BF/MF- S	4:15PM AW - S		
	<b>Rocky TOP!</b>			<b>T.B.T</b>	<b>Classic Rock Climb</b>		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
	5:15AM BS- I	5:15AM JB- I/S <b>Spin Stretch</b>	5:15AM AJ- S	5:15AM DC- I	5:15AM AJ- I		
10:30AM -11:30AM ED-I	6:00AM BT- S	8:30AM SD- I	6:00AM BS- I	9:00AM AJ- S	6:00AM AJ- S	10:00AM -11:00AM HA- I	
<b>Sprintensity</b>	9:00 HA- I		9:00-10:00 FV- I		9:15-10:30 BD A + C		
	6:45PM AJ- I	6:30PM AJ- RD	6:30PM ED- I	6:30PM MF/BF- I	4:15PM HA- I		
			<b>High Energy</b>	<b>Turn &amp; Burn</b>			
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
	5:15AM BS- I	5:15AM JB- RD <b>Spin Stretch</b>	5:15AM BT- I	5:15AM DC- I	5:15AM BS- I		
10:30AM -12:00PM BF/MF- S	6:00AM BT- I	8:30AM SD- S	6:00AM BS- S	9:00AM AJ- I/S	6:00AM BS- S	10:00AM -11:00AM JB- S	
<b>90 minute Ride</b>	9:00 AM HA- RD		9:00-10:00 FV- S/I		9:15-10:30 BD A + C		
	6:45PM AJ- S	6:30PM AJ- I	6:30PM AJ - S/I	6:30PM AJ- I	4:15PM AW - S		
		<b>Down by the River</b>			<b>Rolling Hills 80's Style</b>		
<b>29</b>	<b>30</b>						
	5:15AM BS- I						
10:30AM -11:30PM ED- S	6:00AM BT- S?I						
<b>Steady Pedals</b>	9:00 AM HA- I						
	6:45PM ED- I						
	<b>Tabata Challenge</b>						
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	CS- Cathy Staerker JO- Osbon JJ-Jennifer Jeray	BF/MF- Bill/Michele Foss	<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570