

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	5:15AM BS-I	5:15AM JB - C100 Spin Stretch	5:15AM BT- I H.I.I.T. It!	5:15AM DC - I	5:15AM BS S	
	6:00AM BT- S	8:30AM SD-SPINLATES	6:00AM BS - S/I			10:00AM -11:00AM AW-S/I
10:30AM -11:30AM MF/BF-I	9:00 HA-I		9:00-10:00 FV- S/I		9:15-10:30 BD - A+C	
	6:45PM MF-S/I		6:30PM BD - S	6:30PM BF/MF-C100	4:15PM AW - I	
					70's Race Day	
8	9	10	11	12	13	14
	5:15AM BS-I	5:15AM JB- I Spin Stretch	5:15AM AJ- S Falling Up	5:15AM DC- S	5:15AM AJ S	
	6:00AM BT- S	8:30AM SD -SPINLATES	6:00AM BS- S			10:00AM -11:00AM HA - I
10:30AM -11:30AM ED-I	9:00 HA- S/I		9:00-10:00 FV-S		9:15-10:30 BD - A+C	
	6:45PM AJ Tabata		6:30PM BD - I	6:30PM BF/MF- S T.B.T	4:15PM AW Up & Down	
15	16	17	18	19	20	21
	5:15AM BS- S Classic Rock	5:15AM JB- I/S Spin Stretch	5:15AM BT- S	5:15AM DC- I	5:15AM BS- C100	
10:30AM -12:00PM MF/BF-I/S	6:00AM BT- S	8:30AM SD -SPINLATES	6:00AM BS- I Road Trip			10:00AM -11:00AM AW - I
90 Minute Ride	9:00 HA - I		9:00-10:00 FV- I		9:15-10:30 BD	
	6:45PM AJ-I		6:30PM BD- S	6:30PM BF/MF-I	4:15PM AW - I	
					Decades	
22	23	24	25	26	27	28
	5:15AM BS- S	5:15AM JB - RD Spin Stretch	5:15AM AJ- I PR	5:15AM DC - S/I	5:15AM AJ S Rock of Ages	
	6:00AM BT- I	8:30AM SD-SPINLATES	6:00AM BS - S/I			10:00AM -11:00AM AW- S
10:30AM -11:30AM ED-I	9:00 HA -S		9:00-10:00 FV- S/I		9:15-10:30 BD - A+C	
	6:45PM AJ- S		6:30PM BD - S	6:30PM BF/MF-C100	4:15PM AW Stand Up	
				Crankin Stein		
29	30	31				
	5:15AM BS- I/S Monster Mash	5:15AM JB - S Spin Stretch				
10:30AM -11:30AM ED- S	6:00AM BT- S	8:30AM SD-SPINLATES				
	9:00 HA-RD					
	6:45PM AJ- C100					
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	fitness@fitmac.com or (281) 497-7570