

August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		5:45AM JB - RD Spin Stretch 8:30AM SD-SPINLATES 6:30PM AJ- I	5:15AM BT- I 6:00AM BS- S/I 9:00-10:00 FV- S/I 11:30am-1:00pm HA- NRG 6:30PM HA - S	5:15AM BS - I 6:00AM JB- C100 9:00AM AJ-Spin Core 6:30PM BF/MF-C100	5:15AM BS S 6:00AM BS- S Switchback City 9:15-10:30 AW - A+C Classic Rock 4:15PM BD - I	10:00AM-11:00AM JB-S/I print on the way u
6	7	8	9	10	11	12
	5:15AM BS-I Blues Monday 6:00AM BT- S 9:00-10:30 HA 10:30AM-11:30AM MF/BF-I	5:45AM JB- I Spin Stretch 8:30AM SD -SPINLATES 6:30PM AJ- I	5:15AM AJ- S 6:00AM BS- S 9:00-10:00 FV-S 11:30am-1:00pm BD - NRG 6:30PM AJ - I	5:15AM DC- S 6:00AM JB- S 9:00AM AJ-Spin Core Dig Deeper 6:30PM BF/MF- S T.B.T	5:15AM AJ S 6:00AM AJ- I 9:15-10:30 DC - A+C 4:15PM ED	10:00AM-11:00AM AW - S
13	14	15	16	17	18	19
	5:15AM BS- S 6:00AM BT- S 9:00-10:30 HA S70 CoreFlex 6:45PM AJ-I	5:45AM JB- I/S Spin Stretch 8:30AM SD -SPINLATES 6:30PM AJ- S/I Watts Up!	5:15AM BT- S 6:00AM BS- I Road Trip 9:00-10:00 FV- I 11:30am- 12:30pm BD- I 6:30PM DC- S	5:15AM BS- I 6:00AM JB- I Long Pulls 9:00AM AJ -Spin Core 6:30PM BF/MF-I	5:15AM BS- C100 6:00AM BS-RD Around the World 9:15-10:30 BD 4:15PM AW - I 80's Race Day!	10:00AM-11:00AM HA - I
20	21	22	23	24	25	26
	5:15AM BS- S 6:00AM BT- I 9:00-10:30 HA 6:45PM AJ- S	5:45AM JB - RD Spin Stretch 8:30AM SD-SPINLATES 6:30PM AJ- I	5:15AM AJ- I PR 6:00AM BS - S/I 9:00-10:00 FV- S/I 11:30am - HA - I 6:30PM HA - S	5:15AM DC - I 6:00AM JB- S 9:00AM AJ-Spin Core 6:30PM BF/MF-C100 Crazy Train	5:15AM AJ S 6:00AM AJ- S Sit & Spin 9:15-10:30 BD - A+C 4:15PM AW Stand Up	10:00AM-11:00AM AW- I
27	28	29	30	31		
	5:15AM BS- I/S 6:00AM BT- S 9:00-10:30 HA 6:45PM MF/BF- C100 Melting Pedals	5:45AM JB - I Spin Stretch 8:30AM SD-SPINLATES 6:30PM ED- S	5:15AM BT- S 6:00AM BS- I 9:00-10:00 FV- S 11:30am DC- S 6:30PM DC- S	5:15AM DC- I 6:00AM JB- S 9:00AM HA -Spin Core 6:30PM BF/MF-S/I Levels		
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 JJ-Jennifer Jeray	fitness@fitmac.com or (281) 497-7570