

# November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
<h2 style="color: red; text-align: center;">Ride de Joy 2018</h2> <p>Registration begins: October 29th, 2018            Event Starts: November 12, 2018 5:15 am            Event Ends: December 15, 2018 10:00 am</p>				5:15AM DC- C100	5:15AM BS- S 6:00 AM BS- I	
				9:00AM AJ- I	9:15-10:45PM BD-A+C	10:00AM AW-I
				6:30PM BF/MF - S/I <b>Candy Crush</b>	4:15PM AW - S	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10:30AM MF/BF - S <b>Ride de Joy FTP Test</b>	5:15AM BS - I 6:00AM BT- S 9:15AM - 10:30 AM HA-I <b>Spin Core</b> 6:45PM AJ - S	5:15AM JB- I <b>Spin Stretch</b> 8:30AM SD - S 6:30PM AJ - S/I	5:15AM AJ - RD <b>Bonfire</b> 6:00AM BS- I 9:00AM FV - I 6:30PM AJ - I	5:15AM DC- S/I <b>Special Request</b> 9:00AM AJ- S 6:30PM BF/MF - C100 <b>T.B.T.</b>	5:15AM AJ- I 6:00 AM AJ-C100 9:15-10:45PM BD-A+C 4:15PM AW - I	10:00AM HA-S
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:30AM DC - I	5:15AM BS - I <b>Joy Ride</b> 6:00AM BT- I 9:15AM - 10:30 AM BS-S <b>Spin Core</b> 6:45PM AJ - I/S	5:15AM JB- S/I <b>Spin Stretch</b> 8:30AM SD -S/I 6:30PM AJ - S/I <b>12 Gifts of Intensity</b>	5:15AM BT - I 6:00AM BS- S 9:00AM FV - RD 6:30PM HA - S	5:15AM DC- I <b>The Fab Five</b> 9:00AM CC- I/S 6:30PM BF/MF - S	5:15AM BS- I 6:00 AM BS-I /S 9:15-10:45PM BD-A+C 4:15PM HA - S	10:00AM BS-I <b>Kilo Intervals</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:30AM BF/MF - S <b>90-minute ride</b>	5:15AM BS - S/I <b>Ladder Drills</b> 6:00AM BT- S/I 9:15AM - 10:30 AM HA-I <b>Spin Core</b> 6:45PM AW - I	5:15AM JB- I <b>Spin Stretch</b> 8:30AM SD- I 6:30PM MF - I <b>Crazy 80's</b>	5:15AM BT - I 6:00AM BS- S <b>Leg Day</b> 9:00AM FV - S 6:30PM MF - S/I <b>T-Day Pre-Heat</b>	<b>Happy Thanksgiving No Class today</b> <b>MAC Open 8am - 12pm</b>	9:00-10:00AM BD-I <b>Burn the Pie</b>	10:00AM JB -S <b>Burn the Leftovers</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
10:30AM DC - S/I	5:15AM BS - I 6:00AM BT- S 9:15AM - 10:30 AM BS-S 6:45PM AW - S	5:15AM JB- I <b>Spin Stretch</b> 8:30AM SD- S 6:30PM MF - S/I	5:15AM BT - I 6:00AM BS- S <b>Spin Around The World</b> 9:00AM FV - S/I 6:30PM ED- I	5:15AM DC- I 9:00AM CC- I/S 6:30PM BF/MF - I	5:15AM BS- I 6:00 AM BS-I /S 9:15-10:45PM BD-A+C 4:15PM HA - I	
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	<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570