



December 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	Jan....				1	2
New Year Eve 7am - 6pm					Bounding Blizzard 5:15AM AJ S 6:00AM AJ- S 9:15-10:30 BD - A+C 4:15PM AW - I Bang your Head	10:00AM -11:00AM JB-S/I
10:30AM -11:30AM ED- I						
3	4	5	6	7	8	9
	5:15AM BS-I 6:00AM BT- S 9:00 HA- S/I 10:30AM -11:30AM BF/MF-I 6:45PM AJ Krank it UP!	5:15AM JB- I Spin Stretch 8:30AM SD - RD 6:30PM AJ- C100	5:15AM BT- S 6:00AM BS- I Holiday Sprints 9:00-10:00 FV-S 6:30PM BD - I	5:15AM DC- S 9:00AM AJ- I Dashing thru the Snow 6:30PM BF/MF- S T.B.T	5:15AM BS S 6:00AM BS - I 80's & 90's 9:15-10:30 BD - A+C 4:15PM AW Battle of the Bands	10:00AM -11:00AM AW - I Holiday Market! 5:15pm - 6:15pm MF/BF Naughty or Nice?
10	11	12	13	14	15	16
	5:15AM BS- I Candy Cane "Yellow & Red" 6:00AM BT- S 9:00 HA - I 6:45PM MF-I	5:15AM JB- I/S Spin Stretch 8:30AM SD -I 6:30PM AJ- RD Gumdrop Rally	5:15AM AJ- S 6:00AM BS- I 9:00-10:00 FV- I 6:30PM BD- S	5:15AM DC- I 9:00AM AJ- S 6:30PM AJ-I	5:15AM AJ- I 6:00AM AJ- S 9:15-10:30 BD A + C 4:15PM HA - S Ho Ho Hills	Ride de Joy 2017 Last Dot Chance 10:00AM -11:00AM JB - I
10:30AM -12:00PM ED-I/S 90 Minute Ride						
17	18	19	20	21	22	23
	5:15AM BS- S Grinch Mountain 6:00AM BT- I Best of 2017 Pt. 1 9:00 AM HA-I Santa's Sprints 6:45PM AJ- S	5:15AM JB - RD Spin Stretch 8:30AM SD-S 6:30PM AJ- I	5:15AM BT- I 6:00AM BS - S/I 9:00-10:00 FV- S/I 6:30PM BD - S	5:15AM DC- I Rock Around Christmas Tree 9:00AM AJ- I/s 6:30PM BF/MF-C100	5:15AM BS- I Sleigh Ride 6:00AM BS- S 9:15-10:30 BD A + C 4:15PM AW 90's Race Day	10:00AM -11:00AM AW- S Racing Around the Christmas Tree
10:30AM -11:30AM BF/MF-I 2 x 8 FTP Test						
24	25	26	27	28	29	30
Christmas Eve 7am-3pm		Sleep In Spinners 9:00-10:00 AM BS - I Spin It OFF	5:15AM AJ- S No Regrets 6:00AM BS - S 9:00-10:00 FV- I 6:30PM BD- S	5:15AM DC- I 9:00AM AJ- S 6:30PM BF/MF-I Jump Start	5:15AM AJ S 6:00AM AJ- I 9:15-10:30 BD - A+C 4:15PM AW Gone but not Forgotten	10:00AM -11:00AM JB- I
No Class						
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 JJ-Jennifer Jeray	BF/MF- Bill/Michele Foss fitness@fitmac.com or (281) 497-7570