

June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<p><i>Le Tour de MAC Challenge 2018</i></p> <p>START JUNE 18TH - JULY 21ST</p> <p><i>"Do the work Earn the Shirt!"</i></p> <p>"It's a Really Big Deal!"</p>					5:15AM AJ - S 6:00AM AJ - I 9:15-10:45 BD - A+C 4:15PM HA	10:00AM -11:00AM AW-RD Switch it Up!
3	4	5	6	7	8	9
10:30AM -11:30AM DC -I Groovy Spin	5:15AM BS-I 6:00AM BT- S 9:00 HA - S/I 6:45PM AJ- S Kentucky Hills	5:15AM JB- S Spin Stretch 8:30AM SD - I 6:30PM AJ- C100	5:15AM BT- I 6:00AM BS- I 9:00-10:00 FV-S 6:30PM AJ- S	5:15AM DC- S Live in Conce 9:00AM AJ- I 6:30PM BF/MF- S T.B.T	5:15AM BS- S 6:00AM BS-S/I 9:15-10:45 BD - A+C 4:15PM AW - S Watt's Up!	10:00AM -11:00AM JB - I 20 Intervals
10	11	12	13	14	15	16
10:30AM -12:00PM MF/BF S/I 90 minute Ride	5:15AM BS- I Beast Mode 6:00AM BT- S 9:00 HA - I 6:45PM AJ-I	5:15AM JB- I/S Spin Stretch 8:30AM SD -I 6:30PM AJ- S	5:15AM AJ- S 6:00AM BS- I 9:00-10:00 FV- I 6:30PM AJ- I 3-2-1 Go!	5:15AM JB- I 9:00AM AJ- S Pedal Powe 6:30PM MF/BF-C100	5:15AM AJ- I 6:00AM AJ- S 9:15-10:45 BD - A+C 4:15PM AW 80's Speed Intervals	10:00AM -11:00AM AW- IS Le Tour de MAC Race Day
17	18	19	20	21	22	23
10:30AM -11:30AM BF/MF-S Guy Power	5:15AM BS- I Chase 6:00AM BT- I 9:00 AM AH-RD 6:45PM BS - I	5:15AM JB - RD Spin Stretch 8:30AM SD-S 6:30PM MF- I Breakaways!	5:15AM BT- I 6:00AM BS - S Dirty 30's 9:00-10:00 FV- S/I 6:30PM HA - S/I	5:15AM DC- I Summertime 9:00AM CC- I/S 70's Disco Flashback 6:30PM MF/BF-S Pedal Power	5:15AM BS- I 6:00AM BS-S 9:15-10:45 HA - A+C 4:15PM HA - S	10:00AM -11:00AM JB- I
24	25	26	27	28	29	30
10:30AM -11:30PM DC-I	5:15AM BS- I 6:00AM BT- S 9:00 HA - I 6:45PM AJ-I	5:15AM JB - I Spin Stretch 8:30AM SD-S 6:30PM AJ- I Over Under	5:15AM AJ- I 6:00AM BS - S 9:00-10:00 FV- S/I 6:30PM AJ - S/I	5:15AM DC- I 9:00AM AJ- I/S 6:30PM MF/BF-S/I	5:15AM AJ-S 6:00AM AJ-C100 9:15-10:45 BD- A=C 4:15PM HA-I	10:00AM -11:00AM BS- S Classic Rock Clim
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 fitness@fitmac.com or (281) 497-7570