

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			5:15AM BT - S/I 6:00AM BS - S 9:00AM FV - S 6:30PM AJ - I	5:15AM DC- S 9:00AM AJ- I 6:30PM BF/MF - S/I	5:15AM BS- S 6:00AM BS-I 9:15-10:45PM BD-A+C 4:15PM AW - S Battle of Bands	10:00AM AW-S
5	6	7	8	9	10	11
10:30AM BS - S Becky Rules	5:15AM BS - I 6:00AM BT- S 9:00AM HA - C100 6:45PM AJ - S	5:15AM JB- S Spin Stretch 8:30AM SD - S 6:30PM AJ - S/I	5:15AM AJ - RD 6:00AM BS- I 9:00AM FV - I 6:30PM HA - I	5:15AM DC- S/I 9:00AM AJ- S 6:30PM BF/MF - C100 T.B.T.	5:15AM BD- I 6:00 AM BD-C100 9:15-10:45PM AJ-A+C School of Rock 4:15PM AW - I 80's Hills/Sprints	10:00AM HA-I
12	13	14	15	16	17	18
10:30AM BF/MF - S 90 minute Ride	5:15AM BS - I 6:00AM BT- S 9:00AM HA - S 6:45PM ED - RD	5:15AM JB- S/I Spin Stretch 8:30AM SD -S/I 6:30PM ED - S/I	5:15AM BT - I 6:00AM BS- S 9:00AM FV - RD 6:30PM BF/MF - S	5:15AM DC- I 9:00AM DC- 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	10:00AM BS-I
19	20	21	22	23	24	25
10:30AM BF/MF - S Classic Rock Clim	5:15AM BS - I 6:00AM BT- S 9:00AM HA - S 6:45PM AJ - I	5:15AM JB- I Spin Stretch 8:30AM SD- I 6:30PM AJ - S	5:15AM AJ - I 6:00AM BS- S 9:00AM FV - S 6:30PM AJ - C100	5:15AM DC- I 9:00AM AJ- C100 6:30PM BF/MF - I	5:15AM AJ- I 6:00 AM AJ- C100 9:15-10:45PM BD-A+C 4:15PM HA - S	10:00AM JB-S
26	27	28	29	30	31	
10:30AM ED - I	5:15AM BS - I 6:00AM BT- S 9:00AM HA - S 6:45PM AJ - C100	5:15AM JB- RD Spin Stretch 8:30AM SD- S 6:30PM AJ - S/I	5:15AM BT - I 6:00AM BS- S 9:00AM FV - S/I 6:30PM AJ - C100	5:15AM DC- C100 9:00AM AJ- C100 6:30PM AJ - S	5:15AM BS- S 6:00 AM BS- C100 9:15-10:45PM BD-A+C 4:15PM AW - S Classic Rock Endure	
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	fitness@fitmac.com or (281) 497-7570