

February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				5:15AM DC- S	5:15AM AJ- S 6:00AM AJ- I Instant Replay	
				9:00AM AJ- I	9:15-10:30 BD- A+C	10:00AM -11:00AM BS-S/I
				Ode to Ground Hog	4:15PM AW- I	In It To Win It!
				6:30PM BF/MF- RD	70's Climb	
				Ground Hog Loop		
4	5	6	7	8	9	10
	5:15AM BS- I	5:15AM JB- S Spin Stretch	5:15AM BT- I	5:15AM DC- S	5:15AM BS S	
	6:00AM BT- S	8:30AM SD- RD	6:00AM BS- I	9:00AM DC- I	6:00AM BS- I	10:00AM -11:00AM JB- I
	9:00 HA- S/I		9:00-10:00 FV-S		9:15-10:30 BD- A+C	
10:30AM -11:30AM BF/MF-I					4:15PM AW- S	
Super Spin	6:45PM AJ- S	6:30PM BF/MF- C100	6:30PM ED- S	6:30PM BF/MF- S	Endurance	
11	12	13	14	15	16	17
	5:15AM BS- I	5:15AM JB- I/S Spin Stretch	5:15AM AJ- S MAX HR	5:15AM DC- I	5:15AM AJ- I	
	Mardi Gras Ride	8:30AM SD- I	6:00AM BS- I		6:00AM AJ- S	
10:30AM -12:00PM MF/BF-I	6:00AM BT- S		Good & the Bad	9:00AM AJ- S		10:00AM -11:00AM AW- I
90 Minute Ride	9:00 HA- I		9:00-10:00 FV- RD	3 in 1	9:15-10:30 BD A + C	
	6:45PM AW- I	6:30PM AJ- RD Mardi Gras	6:30PM AJ- I	6:30PM MF/BF- I	4:15PM HA- I	
18	19	20	21	22	23	24
	5:15AM BS- I	5:15AM JB- RD Spin Stretch	5:15AM BT- I	5:15AM DC- I	5:15AM BS- I	
	Ready, Set GO!	8:30AM SD- S	6:00AM BS- S/I		6:00AM BS- S	
	6:00AM BT- I		9:00-10:00 FV- S/I	9:00AM AJ- I/S	Go Texan Day	
10:30AM -11:30AM ED- S	9:00 AM HA- RD			Nitro Power	9:15-10:30 BD A + C	10:00AM -11:00AM HA- S
	6:45PM AJ- S	6:30PM AJ- I	6:30PM HA- S/I	6:30PM BF/MF- C100	4:15PM HA- S	
	Strong to the Top					
25	26	27	28			
	5:15AM BS- I	5:15AM JB- S/I Spin Stretch	5:15AM AJ- S			
	6:00AM BT- S?I	8:30AM SD- I	6:00AM BS- S			
10:30AM -11:30PM MF/BF-S			9:00-10:00 FV- I			
Alpe d' Huez	9:00 AM HA- I					
	6:45PM AJ- I	6:30PM AJ- S	6:30PM ED- S			
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