

# June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
<p align="center"><b>Le Tour de MAC Challenge 2017</b></p> <p align="center">Start date: June 19th, 2017 End date: July 22nd, 2017 Let the Challenge Begin !</p>				5:15AM DC- S <b>School OUT!</b>	5:15AM AJ- S 6:00AM AJ- RD	
				6:00AM JB- S		10:00AM -11:00AM AW-
				9:00AM AJ-Spin Core	9:15-10:30 BD - A+C	inning into Summ
				6:30PM BF/MF- I	4:15PM AW <b>Switchbacks &amp; Breakaways</b>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	5:15AM BS-I	5:45AM JB- I/S <b>Spin Stretch</b> 8:30AM SD-SPINLATES	5:15AM AJ- S 6:00AM BS- S	5:15AM BS- S 6:00AM JB- S	5:15AM BS S/I 6:00AM BS- C100	
	6:00AM BT- S		9:00-10:00 FV-S	9:00AM AJ-Spin Core	9:15-10:30 BD - A+C	10:00AM -11:00AM ED- I
10:30AM -11:30AM ED-I	9:00-10:30 HA S70 CoreFlex		11:30am-1:00pm BD - NRG	<b>Invest in Swea</b>	4:15PM AW <b>80's</b>	
	6:45PM AJ-S/I	6:30PM AJ - S <b>Majestic Mts</b>	6:30PM DC - I	6:30PM BF/MF- I <b>T.B.T</b>		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	5:15AM BS- S	5:45AM JB- I/S <b>Spin Stretch</b> 8:30AM SD -SPINLATES	5:15AM BT- S 6:00AM BS- I	5:15AM DC- I 6:00AM JB- C100	5:15AM AJ- C100 6:00AM AJ-I	
10:30AM -12:00PM BF/MF-I/S <b>90 Minute Ride</b>	9:00-10:30 HA S70 CoreFlex		9:00-10:00 FV- I	9:00AM AJ -Spin Core	9:15-10:30 BD A+C 4:15PM AW - I	10:00AM -11:00AM JB
	6:45PM AJ-I	6:30PM AJ- S/I	11:30am- 12:30pm BD- I	6:30PM BF/MF-S/I	<b>Movie Soundtrack spin</b>	
			6:30PM AJ- S			
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	5:15AM BS- S	5:45AM JB - RD <b>Spin Stretch</b> 8:30AM SD-SPINLATES	5:15AM AJ- I <b>Velocity</b> 6:00AM BS - S	5:15AM BS - S 6:00AM JB- S	5:15AM BS I 6:00AM BS- RD	
10:30AM -11:30AM ED-I	6:00AM BT- I 9:00-10:30 HA		9:00-10:00 FV- S/I	9:00AM AJ-Spin Core <b>Pacific Coast Wheelin</b>	9:15-10:30 BD - A+C 4:15PM AW <b>Endurance</b>	10:00AM -11:00AM AW- S
	6:45PM AJ- S <b>Rolling Hills</b>	6:30PM AJ- RD	11:30am-1:00pm BD- NRG 6:30PM HA - S/I	6:30PM BF/MF-C100 <b>Fast Feet</b>		<b>Tour de MAC Race Day</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	5:15AM BS- I/S	5:45AM JB - I <b>Spin Stretch</b> 8:30AM SD-SPINLATES	5:15AM BT- S 6:00AM BS - I	5:15AM DC- I <b>One Hit Wonder</b> 6:00AM JB- S <b>Mt MAC</b>	5:15AM AJ I <b>Speed</b> 6:00AM AJ-S	
10:30AM -11:30AM BF/MF- S <b>Climb Higher</b>	6:00AM BT- S 9:00-10:30 HA		9:00-10:00 ED- S	9:00AM AJ -Spin Core	9:15-10:30 BD - A+C 4:15PM AW <b>Race Day 2 loops!</b>	
	6:45PM AJ- C100	6:30PM AJ- I	11:30am-1:00pm BD- NRG 6:30PM DC- I	6:30PM BF/MF-S/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 JJ-Jennifer Jeray	<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570