

MEMORIAL ATHLETIC CLUB

Spinning(R) Schedule

September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROFILES-			1	2	3	4
A-AEROBIC TERRAIN A+C- AERO+CORE I- INTERVALS NRG- STRNGTH+INT SLATIN-LATIN TUNES SPINlates-COMBOP S- STRENGTH S70- 70MIN RD-RACE DAY			5:15AM AJ - S 6:00AM BS- S 9:00-10:00 FV-S 11:30am-1:00pm BD - NRG 6:30PM BS - S	5:15AM JB- I 9:00AM AJ-Spin Core 6:00PM CW- C100	5:15AM BS- I 6:00AM BS- I 9:15-10:30 BD - A+C 4:15PM CL - S	10:00AM -11:00AM JB- I
	6	7	8	9	10	11
	Labor Day 7am-6pm 9:00-10:30 CC S70 CoreFlex	6:00AM JB- I 8:30AM SD-SPINLATES 6:30PM AJ - S	5:15AM AJ - I 6:00AM BS- I 9:00-10:00 FV-I 11:30am-1:00pm BD - NRG 6:30PM VW - I	5:15AM JB- S 9:00AM AJ-Spin Core 6:00PM CW- I	5:15AM AJ- I 6:00AM AJ- S 9:15-10:30 BDE - A+C 4:15PM CL - I	10:00AM -11:00AM BD- S
	13	14	15	16	17	18
	5:15AM BS- S 6:00AM BT/JO - RD 9:00-10:30 CC S70 CoreFlex 12:00pm BS - S	6:00AM JB- RD 8:30AM SD-SPINLATES 6:30PM AJ - I	5:15AM BT - S 6:00AM BS - C100 9:00-10:00 FV-S 11:30am-1:00pm BD- NRG 6:30PM VW - C100	5:15AM JB- I 9:00AM AJ -Spin Core 6:00PM CW- S	5:15AM BS- RD 6:00AM BS- C100 9:15-10:30 BD - A+C 4:15PM CL - RD	Talk Like a Pirate Day Ride 10:00AM -11:00AM BS- I
20	21	22	23	24	25	
	5:15AM BS- I 6:00AM BT/JO - S 9:00-10:30 CC S70 CoreFlex 12:00pm SD - I	6:00AM JB- C100 8:30AM SD-SPINLATES 6:30PM AJ - C100	5:15AM AJ - I 6:00AM BS - RD 9:00-10:00 FV-RD 11:30am-1:00pm BD- NRG 6:30PM VW - I	5:15AM JB- I 9:00AM AJ -Spin Core 6:00PM CW- I	5:15AM AJ- I 6:00AM AJ- C100/S 9:15-10:30 BD - A+C 4:15PM CL - I	10:00AM -11:00AM JB- S
26	27	28	29	30		
	5:15AM BS- S 6:00AM BT/JO - C100 9:00-10:30 CC S70 CoreFlex 12:00pm BS - RD	6:00AM JB- S 8:30AM SD-SPINLATES 6:30PM AJ - RD	5:15AM BT - RD 6:00AM BS - I 9:00-10:00 FV-RD 11:30am-1:00pm BD- NRG 6:30PM VW - C100/S	5:15AM JB- I 9:00AM AJ -Spin Core 6:00PM CW- RD	5:15AM BS- S 6:00AM BS- I 9:15-10:30 BD - A+C 4:15PM CL - C100	
Reservation may be required Call (281) 497-7570	CL - Carolina Carstens VW-VICKI WILLIAMS BT-BILL THOMAS	BD-BETSY DODSON BS-BECKY STEVENS AJ-ALICE JONES	JB-JEFF BIEHL JO-JIM OSBON FV-FELIPE VERACOECEHA	CC-CHARLOTTE CRAWFORD SD-SUE DONAHOE CW-CHRIS WENZ	More info cotact Jeff Biehl Jbbiehl@gmail.com or (281) 497-7570	