

MEMORIAL ATHLETIC CLUB

Spinning(R) Schedule

July 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
PROFILES-		1	2	3	4	5	
A-AEROBIC TERRAIN A+C- AERO+CORE I- INTERVALS NRG- STRNGTH+INT SLATIN-LATIN TUNES SPINlates-COMBOP S- STRENGTH S70- 70MIN RD-RACE DAY	Tour Stages 1-4 complete 3 classes to qualify	6:00AM JB - C100 8:30AM SD-SPINLATES	5:15AM AJ/SE - C100 6:00AM BS - RD 9:00-10:00 BD- LATIN 11:30am CC - NRG	5:15AM JB - C100 9:00AM AJ-Spin Core	No Class 5:15am No Class 6am 9:15-10:45 EG - A+C	No class at 6:30am 10:00AM - 11:00AM JB - RD	
	Super Summer Evening						
			6:30PM AJ- RD	6:30PM AJ- S 6:50PM VW - I			
	Tour Stages 5-9 complete 3 classes to qualify	7	8	9	10	11	12
	5:15AM BS - S 6:00AM BT/JO S 9:00AM AR- S70 11:45am AR - NRG	6:00AM JB - S 8:30AM VW-SPINLATES	5:15AM AJ/SE - S 6:00AM BS - C100 9:00-10:00 AJ-LATIN 11:30am AR - NRG	5:15AM JB - S 9:00AM AJ-Spin Core	5:15AM BS- C100 6:00AM BS- S 9:15-10:45 BD - A+C	No class at 6:30am 10:00AM -11:00AM EG - S	
		6:30PM AJ- S	6:30PM VW - C100				
13	14	15	16	17	18	19	
Tour Stages 10-14 complete 4 classes to qualify	5:15AM BS - C100 6:00AM BT/JO S 9:00AM AR - S70 11:45am AR - NRG	6:00AM JB - S 8:30AM SD-SPINLATES	5:15AM AJ/SE - S/I 6:00AM BS - S/I 9:00-10:00 EG-LATIN 11:30am AR - NRG	5:15AM JB- S 9:00AM AJ-Spin Core	5:15AM AJ- S 6:00AM AJ - S 9:15-10:45 CC - A+C	No class at 6:30am 10:00AM - 11:00AM JB- S/I	
		6:30PM AJ- C100	6:30PM VW- S/I				
20	21	22	23	24	25	26	
Tour Stages 15-18 complete 3 classes to qualify	5:15AM BT - S 6:00AM BT/JO S 9:00AM AR - S70 11:45am AR - NRG	6:00AM JB - S 8:30AM SD-SPINLATES	5:15AM AJ/SE - S 6:00AM SE - S 9:00-10:00 EG-LATIN 11:30am AR - NRG	5:15AM JB- C100 9:00AM AJ-Spin Core	5:15AM SE- C100 6:00AM SE - S 9:15-10:45 BD - A+C	No class at 6:30am 10:00AM - 11:00AM EG- S/I	
		6:30PM AJ- S/I	6:30PM VW - S/I				
27	28	29	30	31	2008 <i>Le Tour De France</i> <i>MAC Challenge</i>		
Tour Stages 19-21 complete 2 classes to qualify	5:15AM BS - RD 6:00AM BT/JO -RD 9:00AM AR - S70 11:45am AR - NRG	6:00AM JB - RD 8:30AM SD-SPINLATES	5:15AM AJ/SE- RD 6:00AM BS - RD 9:00-10:00 BD-LATIN 11:30am AR - NRG	5:15AM JB - RD 9:00AM AJ-Spin Core			
		6:30PM AJ- RD	6:30PM BS - RD				
INSTRUCTORS	AR- ANN RICE M- ANN MORRIS S- STEVE EARLE	BD-BETSY DODSON BS-BECKY STEVENS AJ-ALICE JONES	JB-JEFF BIEHL JO-JIM OSBON FV-FELIPE VERACOECHA	CC-CHAROLATTE CRAWFORD SD-SUE DONAHOE EG-ELISE GARRISON	CC-CHAROLATTE CRAWFORD VW-VICKI WILLIAMS BT-BILL THOMAS		
Reserve your spot 281 497-7570	<i>For info contact Jeff Biehl</i>						