



MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
	5:15AM DC - S 9:30AM AJ - S					8:00AM BS- S 10:00AM AW - I
2	3	4	5	6	7	8
Spirit Spin 7:30AM CC  Non Spivi class	5:15AM DC - S 9:30AM AJ - S	6:00AM JB- I FTP 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-S & I	5:15AM BS - I 9:30AM FV- I & S	6:00AM BT- I 8:30AM CC2- I/S 9:30AM CC2- Circuit	9:30AM BD - S	8:00AM ED- I Begin N Spin 9:15AM JB- BNS 10:00AM JB- I & S
9	10	11	12	13	14	15
	5:15AM BS - I 9:30AM AJ - S/I	6:00AM JB- S & I 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM TF-S	5:15AM BS - S 9:30AM FV- S	6:00AM BT- I & SI 8:30AM CC2- S 9:30AM CC2- Circuit	Spirit Spin 6:00AM CC Non Spivi  9:30AM FV - I	8:00AM TF- I 10:00AM JB- S
16	17	18	19	20	21	22
	5:15AM DC - I & S 9:30AM AJ - S & I	6:00AM JB- S & I 8:30AM CC2- I/S 9:30AM CC2- Circuit Begin N Spin 5:45pm - 6:15pm 6:30PM TF-I & S	5:15AM BS - I 9:30AM FV- RD	6:00AM BT- S 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - S/I	No 8am Class 10:00AM JB - I
23	24	25	26	27	28	29
	5:15AM DC - I 9:30AM BD - I	6:00AM JB- I 8:30AM CC2- I/S 9:30AM CC2- Circuit 6:30PM TF-I	5:15AM BS - S/I 9:30AM FV- S & I	6:00AM BT- S & I 8:30AM CC2- S & I 9:30AM CC2- Circuit	9:30AM BD - I/S	8:00AM ED- I 10:00AM JB - S FTP
Please remember to reserve your bike on the MAC App. up to 3-days in advance						
Reservation required on MAC App	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 SH-Sarah Holloway HA-Heather Attaway	MP- Michelle Perez CC2- Carolina Carstens TF-Tammy Fugate	 fitness@fitmac.com or (281) 497-7570

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Boo!

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