




# OCTOBER 2025

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

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***Boo!***

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