

Spinning Schedule

May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	5:15AM DC - S 9:30AM AJ- I/S	6:00AM JB- I & S TobyMAC & Friends 6:30PM TF-S	5:15AM BS - I 9:30AM FV- S	6:00AM BT- S	5:15AM HA - I 9:30AM BD - RD	8:00AM ED- S 10:00AM JB- I
8	9	10	11	12	13	14
<i>Mothers Day</i>	5:15AM DC - S 9:30AM AJ- S	6:00AM JB- I & S TobyMAC & Friends 6:30PM TF-I	5:15AM BS - I 9:30AM FV- I & S	6:00AM BT- I / S	5:15AM HA - S 9:30AM BD - I	8:00AM BS- S & I 10:00AM JB- I/S <i>Ready Set Go & Climb</i>
15	16	17	18	19	20	21
	5:15AM DC - I 9:30AM BS- I	6:00AM JB- S TobyMAC & Friends 6:30PM BS- S & I	5:15AM BS - S & I 9:30AM FV- RD	6:00AM BT- I	5:15AM BS - I 9:30AM BD - S	8:00AM CC- I 10:00AM JB- S
22	23	24	25	26	27	28
<i>Spirit Spin</i> 7:30am CC-S	5:15AM DC- I & S 9:30AM AJ- S & I	6:00AM JB- I/S/I TobyMAC & Friends 6:30PM BS- I	5:15AM BS - S 9:30AM FV- I	6:00AM BT- RD	5:15AM BS - I & S 9:30AM FV - S & I	9:30AM AW- S 90 Minute Ride
29	30	31				
	5:15AM DC- S & I 9:30AM AJ- I	6:00AM JB- RD TobyMAC & Friends 6:30PM TF- RD				
Please remember to reserve your bike on the MAC App. up to 3-days in advance						
Reservation required on MAC App	ED - Erin Danielson BD-Betsy Dodson JB-Jeff Biehl CC-Charlotte Crawford AW-Allison Whisler BS-Becky Stevens DC-Debbie Cannella SD-Sue Donahoe BT-Bill Thomas AJ-Alice Jones FV-Felipe Veracochea HA-Heather Attaway TF-Tammy Fugate					fitness@fitmac.com or (281) 497-7570

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