

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	5:15AM DC - S 9:30AM ED - I	6:00AM JB- S 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-S & I	5:15AM DC - I 9:30AM FV- I	6:00AM BT- I 8:30AM CC2- S 9:30AM CC2- Circuit	Spirit Spin 6:00AM CC  9:30AM BD - I	8:00AM - AW - S 10:00AM JB - I
7	8	9	10	11	12	13
	5:15AM DC - I & S 9:30AM AJ - S & I	6:00AM JB- S 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-I & S	5:15AM DC - I 9:30AM FV- I & S	6:00AM BT- S PRO-DAY Best Of 2025 8:30AM CC2- I/S 9:30AM CC2- Circuit	9:30AM BD - S	Last Day for Ride de Joy 2025 8:00AM - AW - I 10:00AM JB - S
14	15	16	17	18	19	20
Spirit Spin 7:30AM CC 	5:15AM DC - I 9:30AM AJ - S	6:00AM JB- I 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM TF -S	5:15AM DC - S & I 9:30AM FV- S	6:00AM BT- I 8:30AM CC2- S 9:30AM CC2- Circuit	9:30AM BD - I & S	8:00AM AW- S & I Begin N Spin 9:15AM JB- BNS 10:00AM JB- S & I
21	22	23	24	25	26	27
	5:15AM DC - S & I 9:30AM AJ - S & I	6:00AM JB- I & S 8:30AM CC2- I/S 9:30AM CC2- Circuit Begin N Spin 5:45pm - 6:15pm 6:30PM TF-S & I	MAC Open 7am - 3pm 	 MAC is Closed	9:30AM BD- S & I	8:00AM - TF - S 10:00AM JB - I
28	29	30	31	1-Jan-26		
	5:15AM DC - I 9:30AM AJ - I	6:00AM JB- I 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM TF-I	MAC Open 7am - 6pm 	 MAC is Open 12pm - 6pm	Dates for Ride de Joy Monday, November 10th up to ... Saturday, December 13th	
Please remember to reserve your bike on the MAC App . up to 3-days in advance					 fitness@fitmac.com or (281) 497-7570	
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 Veracoechea	CC-Charlotte Crawford SH-Sarah Holloway HA-Heather Attaway	MP- Michelle Perez CC2- Carolina Carstens TF-Tammy Fugate	

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Boo!