

# June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				6:00AM BT- I & S	5:15AM ED - I 9:30AM BD - S	<b>No Class</b>  10:00AM JB- S <b>3 Climbs!</b>
4	5	6	7	8	9	10
	5:15AM DC- I 9:30AM AJ- RD	6:00AM JB- I 8:00AM AJ- I <b>30 minutes spin</b> <b>10 min core &amp; stretch</b> 6:30PM ED- S	5:15AM HA - S & I 9:30AM ED - I	6:00AM BT- S	5:15AM HA - S 9:30AM BD - S	<b>No Class</b>  10:00AM AW - S & I
11	12	13	14	15	16	17
<b>Spirit Spin</b> 7:30am CC- S	5:15AM DC - S 9:30AM AJ- RD	6:00AM JB- S 8:00AM CC - S <b>30 minutes spin</b> <b>10 min core &amp; stretch</b> <b>No Class</b>	5:15AM DC - S 9:30AM CC- I & S	6:00AM BS- S & I	5:15AM BS - I 9:30AM BD - I	8:00AM BS- S 10:00AM JB- S & I <b>Climb &amp; Sprint!</b>
18	19	20	21	22	23	24
	5:15AM DC- S & I 9:30AM BS- S	6:00AM JB- I & S 8:00AM BS- I <b>30 minutes spin</b> <b>10 min core &amp; stretch</b> 6:30PM CC - I & S	5:15AM BS - I & S 9:30AM BS- RD	6:00AM BT- S	5:15AM DC- S & I 9:30AM BD - RD	<b>No Class</b>  10:00AM AW- I
25	26	27	28	29	30	
<b>2-hour spin</b> with Coach Tammy 9:30am - 11:30am	<b>Studio B Remodeling Begins</b>	<b>NO Classes</b>	<b>NO Classes</b>	<b>NO Classes</b>	<b>NO Classes</b>	
<b>#GoodWolfBadWolfChoseWisely</b>			<b>#lastSetBestSet</b>			
<b>#ImNotTired</b>			Please remember to reserve your bike on the <b>MAC App</b> . up to 3-days in advance			
AW-Allison Whisler   BS-Becky Stevens   DC-Debbie Cannella   SD-Sue Donahoe					<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a>	
BT-Bill Thomas   AJ-Alice Jones   FV-Felipe Veracochea   HA-Heather Attaway   TF-Tammy Fugate					or (281) 497-7570	

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