

# January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Jan..1, 2025	2	3	4
			 MAC Open 12pm - 6pm	6:00AM BT- I & S 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - I/S	8:00AM BS- I 10:00AM JB - S
5	6	7	8	9	10	11
	5:15AM DC - S 9:30AM AJ - S	6:00AM JB- S <b>FTP</b> 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM TF-I	5:15AM BS - I 9:30AM FV- I	6:00AM BT- S 8:30AM CC2- I/S 9:30AM CC2- Circuit	<i>Spirit Spin</i> 6:00AM CC <i>Non Spivi</i>  9:30AM BD - I	8:00AM BS- I Begin N Spin 9:15AM JB- BNS 10:00AM JB- I & S
12	13	14	15	16	17	18
	5:15AM DC - I 9:30AM AJ - S/I	6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- S & I 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM FV - S	8:00AM TF- I 10:00AM AW- S
19	20	21	22	23	24	25
<i>Spirit Spin</i> 7:30AM CC  Non Spivi class	5:15AM DC - I & S 9:30AM AJ - S & I	6:00AM JB- S & I 8:30AM CC2- I 9:30AM CC2- Circuit Begin N Spin 5:45pm - 6:15pm 6:30PM TF-S	5:15AM BS - S 9:30AM FV- S/I	6:00AM BT- S 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - S/I	8:00AM AW- I 10:00AM JB - I <b>FTP</b>
26	27	28	29	30	31	
	5:15AM DC - I 9:30AM AJ - I	6:00AM JB- I 8:30AM CC2- S/I 9:30AM CC2- Circuit 6:30PM TF-I	5:15AM BS - S 9:30AM FV- S	6:00AM BT- I 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - I	
Please remember to reserve your bike on the MAC App. 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 Veracochea	CC-Charlotte Crawford SD-Sue Donahoe 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

**January 2025**

***Boo!***

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