

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov..... 30			Dates for Ride de Joy Monday, November 10th up to Saturday, December 13th			1
	 HOLIDAY SEASON FUNDRAISING EVENT "GIVE A LITTLE MORE THIS HOLIDAY SEASON" RIDE DE JOY 2025					No 8am Class 10:00AM JB - S
2	3	4	5	6	7	8
	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 DC - I 9:30AM FV- I	6:00AM BT- S 8:30AM CC2- I/S 9:30AM CC2- Circuit	Spirit Spin 6:00AM CC  9:30AM BD - I & S	No 8am Class 10:00AM AW - S
9	10	11	12	13	14	15
	5:15AM DC - I 9:30AM AJ I & S	6:00AM JB- I 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM ED -S	5:15AM DC - 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- S & I Begin N Spin 9:15AM JB- BNS 10:00AM JB- S & I
16	17	18	19	20	21	22
Spirit Spin 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 Begin N Spin 5:45pm - 6:15pm 6:30PM TF-S & I	5:15AM DC - I 9:30AM FV- RD	6:00AM BT- S 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD- S & I	8:00AM - ED - S 10:00AM JB - I
23	24	25	26	27	28	29
	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 DC - S 9:30AM FV- S	Happy Thanksgiving MAC Open 8am - 12pm 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM CC2 - S Burn the Bird	8:00AM TF- I 10:00AM JB - S Burn the Pie
Please remember to reserve your bike on the MAC App . up to 3-days in advance						
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	 fitness@fitmac.com or (281) 497-7570

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Boo!