

Spinning Schedule

July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
	La Tour de MAC Challenge 2022 June 13 - July 16 "Do the work earn the shirt!" Wounded Warriors Fund Raiser				5:15AM BS - I 9:30AM BD - RD	8:00AM BS-I & S 10:00AM JB- S & I Climb & Sprint
3	4	5	6	7	8	9
	4th of July MAC open 7am-3pm 9:30AM AJ- S	6:00AM JB- I & S TobyMAC & Friends 6:30PM BS-I	5:15AM AJ - I 9:30AM FV- I & S	6:00AM BT- S	5:15AM HA - S 9:30AM BD - I	8:00AM No Class 9:30AM AW- S & I 90 Minute Ride
10	11	12	13	14	15	16
Spirit Spin 7:30am CC-S	5:15AM DC - I 9:30AM AJ- I	6:00AM BS- S 6:30PM TF- 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 BS- S 10:00AM JB- S Last Dot Day
17	18	19	20	21	22	23
	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 BS- RD	5:15AM BS - I & S 9:30AM BD - S & I	8:00AM BS- S 10:00AM JB- S & I Climb & Sprint
24	25	26	27	28	29	30
	5:15AM DC - S & I 9:30AM AJ- I	6:00AM JB- RD TobyMAC & Friends 6:30PM BS - I & S	5:15AM BS - S 9:30AM FV- I	6:00AM BT- I & S	5:15AM HA - I 9:30AM BD - I & S	8:00AM BS- I & S 10:00AM AW- I
		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

Spinning Schedule

July 2022

Spinning Schedule

July 2022