



November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Dates for Ride de Joy Monday, November 11th up to Saturday, December 14th</p>					1	2
					9:30AM BD - S	8:00AM TF- I 10:00AM AW- I
3	4	5	6	7	8	9
Spirit Spin 7:30AM CC  <i>Non Spivi class</i>	5:15AM DC - S 9:30AM AJ - S	6:00AM JB- S 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	9:30AM CC2 - S	8:00AM BS- I Begin N Spin 9:15AM JB- BNS 10:00AM JB- I & S
10	11	12	13	14	15	16
	5:15AM DC - I 9:30AM AJ - S/I Ride de Joy Begins !!!!	6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-I/S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- S & I 8:30AM CC2- I 9:30AM CC2- Circuit	Spirit Spin 6:00AM CC  <i>Non Spivi</i> 9:30AM BS - S	8:00AM BS- I 10:00AM AW- S
17	18	19	20	21	22	23
	5:15AM DC - I & S 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- S	6:00AM BT- S & I 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - I/S	8:00AM BS- I Double Trouble 10:00-10:35AM JB- I 10:45-11:20 CC2 - S
24	25	26	27	28	29	30
2- HourSpin 8:00am-10:00am Coach Tammy Strength & Intervals	5:15AM DC - I 9:30AM AJ - I	6:00AM JB- I FTP TEST 8:30AM CC2- I 9:30AM CC2- Circuit 5:45AM TF- BNS 6:30PM TF- S	5:15AM BS - S & I 9:30AM FV- I & S	 8:30AM CC2- I 9:30AM CC2- Circuit MAC Open 8am-12pm	9:30AM CC2 - S Burn the BIRD!	8:00AM AW- 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 Veracochea	CC-Charlotte Crawford SD-Sue Donahoe HA-Heather Attaway	MP- Michelle Perez CC2- Carolina Carstens TF-Tammy Fugate	fitness@fitmac.com or (281) 497-7570

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Boo!