



AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
					9:30AM ED - I	8:00AM BS- I 10:00AM JB - S
3	4	5	6	7	8	9
	5:15AM DC - I & S 9:30AM SH - I	6:00AM JB- S 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM BS-I	5:15AM BS - I 9:30AM FV- I & S	6:00AM BT- I 8:30AM CC2- I/S 9:30AM CC2- Circuit	Spirit Spin 6:00AM CC  9:30AM BD - I & S	8:00AM AW- S Begin N Spin 9:15AM JB- BNS 10:00AM JB- S & I
10	11	12	13	14	15	16
	5:15AM DC - I 9:30AM ED - I & S	6:00AM JB- I 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM BS-S	5:15AM BS - S 9:30AM FV- S	6:00AM BT- I & SI 8:30AM CC2- S 9:30AM CC2- Circuit	9:30AM BD - I	8:00AM BS- I 10:00AM JB- I & S
17	18	19	20	21	22	23
Spirit Spin 7:30AM CC  <i>Non Spivi class</i>	5:15AM DC - I & S 9:30AM ED - 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 ED-S	5:15AM BS - I 9:30AM FV- I & S	6:00AM BT- S 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD- S	8:00AM AW- S 10:00AM JB - I
24	25	26	27	28	29	30
	5:15AM DC - I 9:30AM SH - I	6:00AM JB- I 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM BS-S	5:15AM BS - S 9:30AM FV- S	6:00AM BT- I 8:30AM CC2- I/S 9:30AM CC2- Circuit	9:30AM BD - I	8:00AM AW- I 10:00AM JB- I & S
Please remember to reserve your bike on the MAC App . up to 3-days in advance					 fitness@fitmac.com or (281) 497-7570	
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	

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Boo!