

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	5:15AM DC- S 9:30AM AJ- S & I	6:00AM JB- I & S 8:00AM BS- I 30 minutes spin 10 min core & stretch 6:30PM TF- I & S	5:15AM BS - I 9:30AM FV- I & S	6:00AM BT- I & S	5:15AM BS - I 9:30AM AJ - S	8:00AM ED- S 10:00AM JB- S Stand & Climb!
7	8	9	10	11	12	13
	5:15AM DC- I 9:30AM AJ- RD	6:00AM JB- I 8:00AM AJ- I 30 minutes spin 10 min core & stretch 6:30PM TF- I	5:15AM BS - S & I 9:30AM FV- RD	6:00AM AJ- S	5:15AM BS - S 9:30AM BD - S	No Class 10:00AM AW - S & I
14	15	16	17	18	19	20
	5:15AM DC - S 9:30AM BT - I & S	6:00AM JB- S 8:00AM CC - S 30 minutes spin 10 min core & stretch 6:30PM BS- S	5:15AM BS - S 9:30AM FV- S	6:00AM BT- S & I	5:15AM BS - I 9:30AM BD - I	8:00AM BS- S 10:00AM JB- I & S Sprint & Climb
21	22	23	24	25	26	27
Spirit Spin 7:30am CC- S 2-hour spin with Coach Tammy 9:30am - 11:30am	5:15AM DC- S & I 9:30AM AJ- S	6:00AM JB- I & S 8:00AM BS- I 30 minutes spin 10 min core & stretch 6:30PM TF- I & S	5:15AM BS - I & S 9:30AM FV- S & I	6:00AM BT- S	5:15AM BS - S & I 9:30AM BD - RD	8:00AM BS- I 10:00AM AW- I
28	29	30	31			
	Memorial Day MAC open 7am-7pm 9:30AM AJ- I	6:00AM JB- RD 8:00AM AJ- S 30 minutes spin 10 min core & stretch 6:30PM TF- S & I	5:15AM BS - I & S 9:30AM FV- I			
#GoodWofleBadWofleChoseWisely						#LastSetBestSet
Please remember to reserve your bike on the MAC App. up to 3-days in advance						
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	

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