

Spinning Schedule

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					Jan 1st 2022!
	5:15AM DC - S 9:30AM AJ- S					Happy Healthy 2022 MAC open 12pm-8pm
2	3	4	5	6	7	8
	5:15AM DC - S 9:30AM AJ- S	6:00AM JB- S & I TobyMAC & Friends 6:30PM BS-I	5:15AM BS - I 9:30AM FV- S	6:00AM BT- I & S	9:30AM BD - I	8:00AM BS- I 10:00AM AW- S
9	10	11	12	13	14	15
	5:15AM DC - S 9:30AM AJ- I	6:00AM JB- S TobyMAC & Friends 6:30PM TF-I	5:15AM BS - RD 9:30AM FV- I	6:00AM BT- S	9:30AM BD - RD	8:00AM BS- S 10:00AM JB- I Ready Set Go!
16	17	18	19	20	21	22
	5:15AM DC- S/I 9:30AM AJ- RD	6:00AM JB- I & S TobyMAC & Friends 6:30PM TF-S	5:15AM BS - S 9:30AM FV- S/I	6:00AM BT- S & I	9:30AM BD - S	8:00AM BS- I & S 10:00AM AW- I/S
23	24	25	26	27	28	29
<i>Spirit Spin</i> 7:30am CC-S <i>Stronger</i>	5:15AM DC- S/I/S 9:30AM TF- S & I	6:00AM JB- C100 TobyMAC & Friends 6:30PM TF-I/S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- I	9:30AM BD - S & I	8:00AM BS- S 10:00AM JB- S/I/S Climb & Sprint
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 JO- Osbon BF/MF- Bill/Michele Foss 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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