




Spinning Schedule

February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		6:00AM JB- S & I TobyMAC & Friends 6:30PM BS-I	5:15AM BS - I 9:30AM FV- S & I	6:00AM BT- S	9:30AM BD - I & S	8:00AM BS- I 10:00AM JB- I Lets Go!
6	7	8	9	10	11	12
	5:15AM DC - S & I 9:30AM AJ- I	6:00AM JB- I & S TobyMAC & Friends 6:30PM TF-I	5:15AM BS - I 9:30AM FV- I	6:00AM BT- I	9:30AM BD - RD	8:00AM BS- S 10:00AM JB- S Stand Up!
13	14	15	16	17	18	19
<i>Spirit Spin</i> 7:30am CC-S <i>Revive</i> 	5:15AM DC - I 9:30AM AJ- S What is Love 	6:00AM JB- S TobyMAC & Friends 6:30PM TF- S	5:15AM BS - RD 9:30AM FV- S	6:00AM BT- S	9:30AM BD - I	8:00AM BS- I 10:00AM AW- I 90 Minute Ride
20	21	22	23	24	25	26
	5:15AM DC- S 9:30AM AJ- S & I	6:00AM JB- I/S/I TobyMAC & Friends 6:30PM TF- I	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- S & I	9:30AM BD - S	8:00AM BS- I & S 10:00AM AW- S
27	28					
All Welcome Long Ride 9:30am- 11:00am I & S 90 minute w/TF MS150 Training Ride	5:15AM DC- S/I/S 9:30AM AJ- I & S Finish Strong 					
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

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