

# Spinning Schedule

# September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
				6:00AM BT- S	5:15AM BS - I 9:30AM BD - S	8:00AM BS- I & S <b>Over Under Intervals</b> 10:00AM AW- I
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>Labor Day</b> 9:30AM AW- S	6:00AM JB- I & S <b>TobyMAC &amp; Friends</b>	5:15AM BS - I 9:30AM FV- I	6:00AM BT- I	5:15AM HA - S 9:30AM BD - I	No class at 8am  10:00AM JB- I
<b>11</b>	<b>Mac Open</b> <b>7am - 7pm</b>	No 6:30pm class				
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<i>Spirit Spin</i> 7:30am CC-S <b>RENEW</b>	5:15AM DC - I 9:30AM CC - I <b>5:30 PM Hip Hop Spin</b> w/ Edrina Newman	6:00AM JB- S  No 6:30pm class	5:15AM BS - S & I 9:30AM FV- RD	6:00AM BT- I	5:15AM BS - I 9:30AM BD - RD	8:00AM BS- S <b>Talk like a Pirate Ride</b> 10:00AM AW- S
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	5:15AM DC- I & S 9:30AM BS- S	6:00AM JB- I/S/I <b>TobyMAC &amp; Friends</b>  6:30PM TF- S	5:15AM BS - I <b>Over Under Intervals</b> 9:30AM FV- I & S	6:00AM BT- S	5:15AM BS - I & S 9:30AM BD - S & I	8:00AM BS- I 10:00AM JB- S & I <b>Climb &amp; Sprint</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
	5:15AM DC - S & I 9:30AM AJ- I	6:00AM JB- RD <b>TobyMAC &amp; Friends</b>  6:30PM TF - I & S	5:15AM BS - S 9:30AM FV- S	6:00AM BT- S	5:15AM BS - I & S 9:30AM BD - S & I	
<b>Please remember to reserve your bike on the MAC App. up to 3-days in advance</b>						
<b>Reservation required on MAC App</b>	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					<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570

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