




June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 30th						START DATE: MONDAY, JUNE 17, 2024 END DATE: SATURDAY, JULY 27, 2024 COMPLIMENTARY MONTH TRAINING FOR WARRIORS ARE YOU IN ? <i>Sign-up at the Front Desk</i> <i>#ImNotTired</i> #WARRIORS
1						8:00AM TF- S 10:00AM JB- S
2	3	4	5	6	7	8
Spirit Spin 7:30AM CC  <i>Non Spivi class</i>	5:15AM DC - S 9:30AM AJ - I & S	6:00AM JB- S & I 6:30PM TF-I	5:15AM BS - I 9:30AM FV- S	6:00AM BT- I	9:30AM BD - S	8:00AM ED- I 10:00AM JB- S FTP TEST
9	10	11	12	13	14	15
	5:15AM DC - I 9:30AM AJ - S	6:00AM JB- S 6:30PM AJ - I & S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- I & S	9:30AM BD - I	8:00AM AW- I Begin N Spin 9:15AM JB- BNS 10:00AM JB- S&I
16	17	18	19	20	21	22
 HAPPY FATHER'S DAY	5:15AM DC - I & S 9:30AM AJ - S & I Le Tour De MAC Challenge Begins!	6:00AM JB- I & S 6:30PM AJ-S	5:15AM BS - S & I 9:30AM FV- I	6:00AM BT- S & I	9:30AM BD - I & S	8:00AM BS- S & I 10:00AM AW- I
23	24	25	26	27	28	29
	5:15AM DC - I 9:30AM BS - I	6:00AM JB- S FTP TEST Begin N Spin 5:45AM TF- BNS 6:30PM TF- I	5:15AM BS - I & S 9:30AM FV- S	6:00AM BT- I & S	9:30AM BD - I	8:00AM TF- I 10:00AM JB- S & I
Please remember to reserve your bike on the MAC App. up to 3-days in advance						
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 Veracochea	CC-Charlotte Crawford SD-Sue Donahoe HA-Heather Attaway	TF-Tammy Fugate	fitness@fitmac.com or (281) 497-7570

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Boo!