

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
 THURSDAY JULY 18TH 6:00AM DOUBLE DOT DAY!!! BEST DRESSED EARNS AN EXTRA DOT!!!	5:15AM DC - S 9:30AM BS - I & S	6:00AM JB- S & I 6:30PM TF-I	5:15AM BS - I 9:30AM BD- S	8am - Power Spin Coach - MP 	9:30AM BD - S 3:00PM MP Rhythm Ride	8:00AM TF- I 10:00AM JB- I FTP TEST
	8	9	10	11	12	13
	5:15AM BD - S 9:30AM BS - I & S	6:00AM JB- S & I 6:30PM TF-I	5:15AM BS - I 9:30AM BD- S	6:00AM BT- I	9:30AM BD - S 3:00PM MP Rhythm Ride	8:00AM BS- I 10:00AM AW- S
14	15	16	17	18	19	20
Spirit Spin 7:30AM CC <i>Non Spivi class</i>	5:15AM DC - I 9:30AM BT - S	6:00AM JB- S 6:30PM CC - I & S <i>Non-Spivi Class</i>	5:15AM HA - S 9:30AM BD- RD	6:00AM BT- S/I 	9:30AM BD - I 3:00PM MP Rhythm Ride	<i>Begin N Spin</i> 9:15AM JB- BNS 10:00AM JB- S&I
21	22	23	24	25	26	27
	5:15AM DC - I & S 9:30AM AJ - S & I	6:00AM JB- I & S 6:30PM AJ -S	5:15AM HA - S & I 9:30AM BT- I	6:00AM BT- S & I	9:30AM CC - S & I <i>Non-Spivi Class</i> 3:00PM MP Rhythm Ride	Last Dot Rides 90 minute ride 9-10:30AM AW- I & S Le Tour De MAC Challenge Ends!
28	29	30	31			
	5:15AM DC - I 9:30AM AJ - I	6:00AM JB- S FTP TEST <i>Begin N Spin</i> 5:45AM TF- BNS 6:30PM TF- I	5:15AM AJ - I & S 9:30AM FV- S	<p>START DATE: MONDAY, JUNE 17, 2024 END DATE: SATURDAY, JULY 27, 2024</p> <p>COMPLIMENTARY MONTH TRAINING FOR WARRIORS</p> <p>Sign-up at the Front Desk</p> <p>ARE YOU IN ?</p> <p>#ImNotTired</p> <p>#WARRIORS</p>		
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	MP- Michelle Perez TF-Tammy Fugate	fitness@fitmac.com or (281) 497-7570

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Boo!