

# April 2024

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	5:15AM DC - S 9:30AM AJ - S & I	6:00AM JB- S & I 6:30PM BS -I	5:15AM BS - I 9:30AM AJ- S	6:00AM BT- S	5:15AM HA - S/I 9:30AM FV - S	8:00AM BS- I 10:00AM AW- I & S
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Spirit Spin</b> 7:30AM CC  <i>Non Spivi class</i>	5:15AM DC - i 9:30AM BS - S	6:00AM JB- S & I 6:30PM TF- I	5:15AM BS - I 9:30AM FV- I	6:00AM BT- I	5:15AM BS - I 9:30AM BD - S	8:00AM BS- S 10:00AM JB- S <b>FTP TEST</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	5:15AM DC - S 9:30AM BS - I	6:00AM JB- S 6:30PM - No Class	5:15AM BS - S & I 9:30AM FV- I & S	6:00AM BT- I & S	5:15AM HA - I 9:30AM BD - I	8am NO Class  Begin N Spin 9:15AM JB- BNS 10:00AM JB- S&I
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>MS150-PREP</b> 8:00AM TF- S & I <b>120 min ride</b>	5:15AM DC - S & I 9:30AM AJ - I & S	6:00AM JB- I & S 6:30PM TF - S	5:15AM AJ - S 9:30AM FV- RD	6:00AM BT- S & I	5:15AM HA - I & S 9:30AM BD - I & S	8:00AM AJ- S & I 10:00AM JB - I <b>MS 150</b>
<b>28</b>	<b>29</b>	<b>30</b>				
<b>MS 150</b>  Please remember to reserve your bike on the <b>MAC App.</b> up to 3-days in advance	5:15AM DC - I & S 9:30AM AJ - S	6:00AM JB- S <b>FTP TEST</b>  Begin N Spin 5:45AM TF- BNS 6:30PM TF- I				
						
<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 Veracoechea    HA-Heather Attaway    TF-Tammy Fugate					<a href="mailto:fitness@fitmac.com" style="color: white;">fitness@fitmac.com</a> or (281) 497-7570

**April 2024**

***Boo!***