

February 2024

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				6:00AM BT- I	5:15AM HA - S/I 9:30AM BD - S	8:00AM BS- I 10:00AM JB- I & S
4	5	6	7	8	9	10
	5:15AM DC - S 9:30AM AJ - S & I	6:00AM JB- S & I 6:30PM TF- I	5:15AM BS - I 9:30AM FV- S	6:00AM BT- S	5:15AM HA - I 9:30AM BD - S	8:00AM TF- S 10:00AM JB- S FTP TEST
11	12	13	14	15	16	17
Spirit Spin 7:30AM CC  Non Spivi class	5:15AM DC - I 9:30AM AJ - S	6:00AM JB- S 6:30PM TF- I & S	5:15AM BS - S & I 9:30AM FV- I & S  Valentines Day	6:00AM BT- I & S	5:15AM HA - S 9:30AM BD - I	8:00AM BS- S & I Begin N Spin 9:15AM JB- BNS 10:00AM JB- S&I
18	19	20	21	22	23	24
	5:15AM DC - S & I 9:30AM AJ - I & S	6:00AM JB- S & I 6:30PM TF - S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- I	5:15AM HA - I & S 9:30AM BD - I & S	8:00AM TF- I & S 10:00AM JB - I & S
25	26	27	28	29		
MS150-PREP 8:00AM TF- I & S 120 min ride	5:15AM DC - I & S 9:30AM AJ - 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- I	6:00AM BT- S		
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 Veracoechea HA-Heather Attaway TF-Tammy Fugate					fitness@fitmac.com or (281) 497-7570

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Boo!