

October 2023

| SUNDAY | Monday | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 5:15AM DC - S 9:30AM AJ - S | 6:00AM JB- I 6:30PM TF-I | 5:15AM HA - I 9:30AM FV- S | 6:00AM BT- I | 5:15AM HA - S 9:30AM BD - I | 10:00AM AW- S |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 5:15AM DC - I & S 9:30AM AJ - I | 6:00AM JB- I & S 6:30PM TF-I | 5:15AM BS - S 9:30AM FV- I | 6:00AM BT- S | 5:15AM BS - S 9:30AM FV - S | 10:00AM JB- SI Strength Intervals |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 5:15AM DC - I & S 9:30AM AJ - I | 6:00AM JB- S 6:30PM TF- S & I | 5:15AM BS - S & I 9:30AM FV- RD | 6:00AM BT- I & S | 5:15AM BS - I 9:30AM BD - RD | 10:00AM AW- S |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 5:15AM DC - I & S 9:30AM AJ - I | 6:00AM JB- S & I 6:30PM TF - S | 5:15AM BS - S 9:30AM FV- I & S | 6:00AM BT- RD Spooky Spectacular Ride 6:45pm - S / I --JB | 5:15AM BS - I & S 9:30AM BD - S & I | 10:00AM JB- S & I |
| 29 | 30 | 31 | | | | |
| | 5:15AM DC - S & I 9:30AM AJ- I | 6:00AM JB- RD Spooky Race 6:30PM NO CLASS | | | | |
| 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!