


# January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan....1st 2023	2	3	4	5	6	7
<b>MAC open</b> <b>12pm - 8pm</b> 	9:30AM AJ- S	6:00AM JB- I & S <b>TobyMAC &amp; Friends</b> 6:30PM BS- I	5:15AM BS - S 9:30AM FV- I	6:00AM BT- S	5:15AM BS - S 9:30AM BD - I	8:00AM BS- I 10:00AM AW- S
8	9	10	11	12	13	14
<b>Spirit Spin</b> 7:30am CC-S <b>JoyPower</b>	5:15AM DC- S 9:30AM AJ- S	6:00AM JB- I <b>TobyMAC &amp; Friends</b> 6:30PM TF- I	5:15AM BS - I & S 9:30AM FV- RD	6:00AM BT- I	5:15AM BS - S & I 9:30AM BD - S	8:00AM BS- S 10:00AM JB- I & S
15	16	17	18	19	20	21
	5:15AM DC - I & S 9:30AM AJ - I	6:00AM JB- S <b>TobyMAC &amp; Friends</b> 6:30PM TF- S	5:15AM BS - S & I 9:30AM FV- I	6:00AM BT- I	5:15AM BS - I 9:30AM BD - RD	8:00AM BS- S 10:00AM JB- I & S
22	23	24	25	26	27	28
<b>MS150 Ride</b> 9:30am TF-S & I <b>2-hour ride</b>	5:15AM DC- I 9:30AM AJ- S	6:00AM JB- I & S <b>TobyMAC &amp; Friends</b> 6:30PM TF- S	5:15AM BS - I 9:30AM FV- S & I	6:00AM BT- I	5:15AM BS - I 9:30AM BD - RD	8:00AM BS- I 10:00AM AW- I & S
29	30	31				
	5:15AM DC- S 9:30AM AJ- S & I	6:00AM JB- RD <b>TobyMAC &amp; Friends</b> 6:30PM BS - I & S				
			<b>Please remember to reserve your bike on the MAC App. up to 3-days in advance</b>			
<b>required on MAC App</b>	AW-Allison Whisler   BS-Becky Stevens   DC-Debbie Cannella   SD-Sue Donahoe BT-Bill Thomas   AJ-Alice Jones   FV-Felipe Veracochea   HA-Heather Attaway   TF-Tammy Fugate					<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570

January 2023