

# SEPTEMBER 2025

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>
	<b>MAC OPEN</b> <b>7AM-7PM</b>  9:30AM BS - S & I  <b>LABOR DAY!</b>	6:00AM JB- S  8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM -TFI	5:15AM BS - I  9:30AM FV- I & S	6:00AM BT- I 8:30AM CC2- I/S 9:30AM CC2- Circuit	<b>Spirit Spin</b> 6:00AM CC  9:30AM BD - I	8:00AM AW- I  10:00AM JB - S
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	5:15AM DC - I & S  9:30AM AJ - I	6:00AM JB- S  8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-I & S	5:15AM BS - I  9:30AM FV- S & I	6:00AM BT- S 8:30AM CC2- I/S 9:30AM CC2- Circuit	  9:30AM BD - I & S	8:00AM AW- S  <b>Begin N Spin</b> 9:15AM JB- BNS 10:00AM JB- S & I
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	5:15AM DC - I  9:30AM AJ - I & S	6:00AM JB- I 8:30AM CC2- I 9:30AM CC2- Circuit  6:30PM TF-S	5:15AM DC - S  9:30AM FV- S	6:00AM BT- I & S 8:30AM CC2- S 9:30AM CC2- Circuit	  9:30AM BD - S	 <b>No 8am Class</b> 10:00AM JB- I & S
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	5:15AM DC - I & S  9:30AM AJ - S & I	6:00AM JB- I & S 8:30AM CC2- I/S 9:30AM CC2- Circuit <b>Begin N Spin</b> <b>5:45pm - 6:15pm</b> 6:30PM TF-S	5:15AM DC - I  9:30AM FV- I & S	6:00AM BT- S 8:30AM CC2- I 9:30AM CC2- Circuit	  9:30AM BD- S & I	8:00AM - ED - S  10:00AM JB - I
<b>28</b>	<b>29</b>	<b>30</b>				
<b>Spirit Spin</b> 7:30AM CC 	5:15AM DC - I  9:30AM AJ - I	6:00AM JB- I 8:30AM CC2- I 9:30AM CC2- Circuit  6:30PM TF-S				
Please remember to reserve your bike on the <b>MAC App</b> . up to 3-days in advance						
<b>Reservation required on MAC App</b>	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 Veracoechea	CC-Charlotte Crawford SH-Sarah Holloway HA-Heather Attaway	MP- Michelle Perez CC2- Carolina Carstens TF-Tammy Fugate	 <a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570

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***Boo!***