

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			5:15AM AJ - S 9:30AM FV- I	6:00AM BT- I	5:15AM BS - S 9:30AM BD - I	8:00AM BS- I 10:00AM JB- S
5	6	7	8	9	10	11
	5:15AM DC- I 9:30AM AJ- S	6:00AM JB- I 8:00AM BS- I 30 minutes spin 10 min core & stretch 6:30PM TF- S & I	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- S	5:15AM BS - S & I 9:30AM BD - I & S	8:00AM BS- S 10:00AM AW- I & S
12	13	14	15	16	17	18
Day Light Savings Spring Forward	5:15AM DC - S 9:30AM AJ - I Spring Break	6:00AM JB- S 8:00AM AJ- S 30 minutes spin 10 min core & stretch 6:30PM TF- I & S	5:15AM BS - S & I 9:30AM FV- I	6:00AM BT- I & S	5:15AM BS - I 9:30AM BD - S St. Patrick Days	8:00AM BS- S 10:00AM JB- I & S Feeling Lucky
19	20	21	22	23	24	25
Spirit Spin 7:30am CC- I 2-hour Ride 9:30am TF - I&S Marching to Cure MS	5:15AM DC- RD 9:30AM AJ- S	6:00AM JB- I & S 8:00AM CC- I 30 minutes spin 10 min core & stretch 6:30PM BS- I	5:15AM BS - I & S 9:30AM FV- S & I	6:00AM BT- S & I	5:15AM BS - S 9:30AM BD - I	8:00AM BS- I 10:00AM AW- I
26	27	28	29	30	31	
	5:15AM DC- I 9:30AM AJ- S & I	6:00AM JB- RD 8:00AM BS- S 30 minutes spin 10 min core & stretch 6:30PM TF- S	5:15AM BS - I & S 9:30AM FV- S & I	6:00AM BT- S	5:15AM BS - S 9:30AM BD - I	

Please remember to reserve your bike on the **MAC App**, up to 3-days in advance

AW-Allison Whisler	BS-Becky Stevens	DC-Debbie Cannella	SD-Sue Donahoe		fitness@fitmac.com
BT-Bill Thomas	AJ-Alice Jones	FV-Felipe Veracochea	HA-Heather Attaway	TF-Tammy Fugate	or (281) 497-7570

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