

November 2023

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
 <p>HOLIDAY SEASON FUNDRAISING EVENT "GIVE A LITTLE MORE THIS HOLIDAY SEASON" RIDE DE JOY 2023 Start/Finish Date: Monday, November 13th, 2023 - Saturday, December 16th, 2023</p>			5:15AM BS - I 9:30AM FV - I	6:00AM BT - I	5:15AM HA - S 9:30AM BD - I	10:00AM AW - I
5	6	7	8	9	10	11
	5:15AM DC - I & S 9:30AM AJ - S	6:00AM JB- I & S 6:30PM TF-I	5:15AM BS - S 9:30AM FV - S	6:00AM BT - S	5:15AM HA - S 9:30AM BD - S	10:00AM JB- I & S
12	13	14	15	16	17	18
	5:15AM DC - I 9:30AM AJ - I Ride de Joy 2023 Earn your Dots	6:00AM JB- S 6:30PM ED- S & I	5:15AM BS - S & I 9:30AM FV - I	6:00AM BT - I & S	5:15AM BS - I 9:30AM BD - I	10:00AM AW - S
19	20	21	22	23	24	25
	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 - S & I	 fitMAC open 8am-12pm	No 5:15am class 9:30AM - S & I Guest Instructor	10:00AM JB- S & I Burn the Bird! 
26	27	28	29	30		
	5:15AM DC - S 9:30AM BS - S	6:00AM JB- RD 6:30PM TF-I & S	5:15AM BS - S 9:30AM FV - RD	6:00AM BT - S		
						
Reservation required on MAC App	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 Veracochea	CC-Charlotte Crawford SD-Sue Donahoe HA-Heather Attaway	TF-Tammy Fugate	fitness@fitmac.com or (281) 497-7570

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Boo!