

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			5:15AM AJ - I & S 9:30AM FV- S	6:00AM BT- S	5:15AM HA - S/I 9:30AM BD - I	8:00AM TF- I 10:00AM AW- I & S
5	6	7	8	9	10	11
	5:15AM DC - S 9:30AM NO CLASS	6:00AM JB- S & I 6:30PM TF-I	5:15AM BD - I 9:30AM FV- S	6:00AM BT- I	5:15AM BS - I 9:30AM BD - S	8:00AM BS- S 10:00AM JB- S FTP TEST
12	13	14	15	16	17	18
	5:15AM DC - I 9:30AM AJ - I	6:00AM JB- S 6:30PM ED - I & S	5:15AM BS - S & I 9:30AM FV- I & S	6:00AM BT- I & S	5:15AM HA - I 9:30AM BD - I	8:00AM TF- I Begin N Spin 9:15AM JB- BNS 10:00AM JB- S&I
19	20	21	22	23	24	25
Spirit Spin 7:30AM CC  Non Spivi class	5:15AM DC - I & S 9:30AM AJ - I & S	6:00AM JB- I & S 6:30PM TF-S	5:15AM BS - S 9:30AM FV- I	6:00AM BT- S & I	5:15AM HA - I & S 9:30AM BD - I & S	8:00AM BS- S & I 10:00AM JB - I
26	27	28	29	30	31	
	 9:30AM AJ - S MAC Open 7am-7pm	6:00AM JB- S FTP TEST Begin N Spin 5:45AM TF- BNS 6:30PM TF- I	5:15AM BS - S & I 9:30AM FV- RD	6:00AM BT- I & S	5:15AM DC - I 9:30AM BD - I	
Please remember to reserve your bike on the MAC App . up to 3-days in advance						
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

May 2024

Boo!