

# Spinning Schedule

# November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
<p style="text-align: center;"><b>Ride de Joy 2022</b></p> <p>Starts 11/14/2022 - Ends 12/19/2022</p> <p>Give a Little More this Holiday Season</p>		6:00AM JB- S & I <b>TobyMAC &amp; Friends</b> 6:30PM TF- I	5:15AM BS - I  9:30AM FV- I & S	6:00AM BT- I	5:15AM BS - 1 & S  9:30AM BD - S	8:00AM BS- I & S  10:00AM AW- I
		6	7	8	9	10
<p style="text-align: center;"><i>Spirit Spin</i></p> <p>7:30am CC-S</p> <p style="text-align: center;"><i>Grateful Ride</i></p>	5:15AM DC- S  9:30AM AJ- S	6:00AM JB- I & S <b>TobyMAC &amp; Friends</b> 6:30PM TF- I	5:15AM BS - S  9:30AM FV- I	6:00AM BT- S	5:15AM BS - S  9:30AM BD - I	8:00AM BS- S  10:00AM JB- S
13	14	15	16	17	18	19
	5:15AM DC - I & S  9:30AM AJ - I <p style="text-align: center;"><b>Ride de Joy 2022 Begins!!!</b></p>	6:00AM JB- S  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 AW- I & S
20	21	22	23	24	25	26
	5:15AM DC- I  9:30AM CC- S	6:00AM JB- I & S <b>TobyMAC &amp; Friends</b> 6:30PM TF- S	5:15AM BS - I  9:30AM FV- S & I	<p style="text-align: center;"><b>MAC Open 8am - 12pm</b></p> 	No class 5:15am  9:30AM BD - I  <b>Burn the Bird</b>	No class 8am  10:00AM JB- S & I  <b>Burn the Pie</b>
27	28	29	30			
	5:15AM DC - S  9:30AM AJ- I	6:00AM JB- RD <b>TobyMAC &amp; Friends</b> 6:30PM TF - I & S	5:15AM BS - S  9:30AM FV- RD			
		<p>Please remember to reserve your bike on the <b>MAC App.</b> up to 3-days in advance</p>				
<p><b>required on MAC App</b></p>	AW-Allison Whisler BT-Bill Thomas	BS-Becky Stevens AJ-Alice Jones	DC-Debbie Cannella FV-Felipe Veracochea	SD-Sue Donahoe HA-Heather Attaway	TF-Tammy Fugate	<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570

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