




# October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF -I/S	5:15AM HA - S 9:30AM FV- RD	6:00AM BT- I 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - S	8:00AM AW- I 10:00AM JB- S <b>FTP TEST</b>
6	7	8	9	10	11	12
	5:15AM DC - S 9:30AM AJ - S	6:00AM JB- S 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM TF-I	5:15AM HA - I 9:30AM FV- I	6:00AM BT- S 8:30AM CC2- I/S 9:30AM CC2- Circuit	9:30AM CC2 - S	8:00AM AW- I <b>Begin N Spin</b> 9:15AM JB- BNS 10:00AM JB- I & S
13	14	15	16	17	18	19
<b>Spirit Spin</b> 7:30AM CC  <i>Non Spivi class</i>	5:15AM DC - I 9:30AM AJ - S/I	6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-I/S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- S & I 8:30AM CC2- I 9:30AM CC2- Circuit	<b>Spirit Spin</b> 6:00AM CC  <i>Non Spivi</i> 9:30AM FV - S	8:00AM TF- I <b>Double Trouble</b> 10:00-10:35AM JB- I 10:45-11:20 CC2 - S
20	21	22	23	24	25	26
	5:15AM DC - I & S 9:30AM AJ - S & I	6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF- S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- S & I 8:30AM CC2- I 9:30AM CC2- Circuit <b>Spooky Spin</b> 6:15pm-CC2-S	9:30AM BD - I/S	8:00AM BS- I 10:00AM AW - S & I
27	28	29	30	31	<div style="display: flex; justify-content: space-around;"> <div style="text-align: left;"> <p style="background-color: yellow; padding: 5px;"><b>2- HourSpin</b> 8:00am-10:00am <b>Coach Tammy</b> Strength &amp; Intervals</p> </div> <div style="text-align: center;">  </div> <div style="text-align: right;"> <p style="font-weight: bold; font-size: 1.2em;">TUESDAY &amp; THURSDAY</p> <p style="font-weight: bold;">8:30am - 9:15am Spinning Class</p> <p style="font-weight: bold;">9:30am - 10:15am Core, Stabilization, &amp; Foam Rolling</p> <p>Starting September 3rd, 2024</p> </div> </div>	
	5:15AM DC - I 9:30AM AJ - I	6:00AM JB- I <b>FTP TEST</b> 8:30AM CC2- I 9:30AM CC2- Circuit 5:45AM TF- BNS 6:30PM TF- S	5:15AM BS - S & I 9:30AM FV- I & S	6:00AM BT- I & S 8:30AM CC2- I 9:30AM CC2- Circuit		
Please remember to reserve your bike on the <b>MAC App</b> . up to 3-days in advance						
Reservation required on MAC App	ED - Erin Danielson    BD-Betsy Dodson    JB-Jeff Biehl    CC-Charlotte Crawford    MP- Michelle Perez AW-Allison Whisler    BS-Becky Stevens    DC-Debbie Cannella    SD-Sue Donahoe    CC2- Carolina Carstens BT-Bill Thomas    AJ-Alice Jones    FV-Felipe Veracochea    HA-Heather Attaway    TF-Tammy Fugate					<a href="mailto:fitness@fitmac.com" style="color: blue; text-decoration: underline;">fitness@fitmac.com</a> or (281) 497-7570

**October 2024**

***Boo!***