

September 2023

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					5:15AM BS - S 9:30AM BD - I	10:00AM AW- S
3	4	5	6	7	8	9
	Labor Day 7am - 6pm	6:00AM JB- I & S 6:30PM TF-I	5:15AM BS - I 9:30AM FV- I	6:00AM BT- I	5:15AM BS - S 9:30AM BD - I	10:00AM JB- S & I Climb and Sprint!
10	11	12	13	14	15	16
	5:15AM DC - I & S 9:30AM AJ - I	6:00AM JB- S 6:30PM AJ- S & I	5:15AM BS - S & I 9:30AM FV- RD	6:00AM BT- I & S	5:15AM HA - I 9:30AM BD - RD	10:00AM AW- S
17	18	19	20	21	22	23
	5:15AM DC- S 9:30AM AJ - S	6:00AM JB- I/S/I 6:30PM A J - S	5:15AM BS - S 9:30AM FV- I & S	6:00AM BT- RD	5:15AM BS - I & S 9:30AM BD - S & I	10:00AM JB- S & I
24	25	26	27	28	29	30
	5:15AM DC - S & I 9:30AM BS- I	6:00AM JB- RD 6:30PM TF - I & S	5:15AM BS - S 9:30AM FV- S	6:00AM BT- S & I	5:15AM HA - S 9:30AM BD - I	10:00AM JB- S
Please remember to reserve your bike on the MAC App . up to 3-days in advance						
Reservation required on MAC App	ED - Erin Danielson BD-Betsy Dodson JB-Jeff Biehl CC-Charlotte Crawford AW-Allison Whisler BS-Becky Stevens DC-Debbie Cannella SD-Sue Donahoe BT-Bill Thomas AJ-Alice Jones FV-Felipe Veracochea HA-Heather Attaway TF-Tammy Fugate					fitness@fitmac.com or (281) 497-7570

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