

August 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|--|---|--|---|---|
|   <p>WELCOME BACK CAROLINA!!!</p>  | | <p>TUESDAY & THURSDAY 9am - 10am Spinning Classes Starting August 6, 2024</p>   <p>LET'S GO!!</p>  <p>THE POWER TO REACH PERFORMANCE</p> | | | 1 | 2 | 3 |
| | | | | 6:00AM BT- I | 9:30AM BD - S | 8:00AM TF- I 10:00AM JB- S FTP TEST | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| | 5:15AM DC - S 9:30AM BD - I & S | 6:00AM JB- S 9AM CAROLINA- I 6:30PM TF-I | 5:15AM BS - I 9:30AM FV- I | 6:00AM BT- S 9AM CAROLINA-S | 9:30AM BD - S 3:00PM MP Rhythm Ride | 8:00AM BS- I Begin N Spin 9:15AM JB- BNS 10:00AM JB- I & S | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| Spirit Spin 7:30AM CC  Non Spivi class | 5:15AM DC - I 9:30AM AJ - S | 6:00AM JB- S & I 9AM CAROLINA- I/S 6:30PM TF-I/S | 5:15AM BS - S 9:30AM FV- RD | 6:00AM BT- S & I 9AM CAROLINA- S/I | 9:30AM BD - I | 8:00AM TF- I 10:00AM AW- I | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| | 5:15AM DC - I & S 9:30AM AJ - S & I | 6:00AM JB- I 9AM CAROLINA- RD Begin N Spin 5:45AM TF- BNS 6:30PM TF- S | 5:15AM BS - S & I 9:30AM FV- I & S | 6:00AM BT- I & S 9AM CAROLINA- I | 9:30AM BD - I | 8:00AM BS- I 10:00AM AW- S & I | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| | 5:15AM DC - I 9:30AM AJ - I | 6:00AM JB- I FTP TEST 9AM CAROLINA- I 6:30PM AJ- S/I | 5:15AM BS - I & S 9:30AM FV- S | 6:00AM BT- I 9AM CAROLINA- RD | Spirit Spin 6:00AM CC  9:30AM BD - S | 8:00AM BS- I 10:00AM JB- I & S | |
| <p>Please remember to reserve your bike on the MAC App. up to 3-days in advance</p> | | |  | | | | |
| 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 | MP- Michelle Perez Carolina- Carolina Carstens TF-Tammy Fugate | fitness@fitmac.com or (281) 497-7570 | |

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Boo!