

Spinning Schedule November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	9:30AM AJ- S	6:00AM JB- S TobyMAC & Friends 6:30PM BS-S	9:30AM FV- S	6:00AM BT- I 6:30PM BF/MF-S	9:30AM BD - S	7:00AM BS- I & S 10:00AM JB- S
8	9	10	11	12	13	14
	9:30AM AJ- I Fall Power Fest	6:00AM JB- S TobyMAC & Friends 6:30PM BS-S	9:30AM FV- S	6:00AM BT- S 6:30PM BF/MF-S	9:30AM BD - I	7:00AM BS- S 10:00AM JB- I
15	16	17	18	19	20	21
	9:30AM AJ- S	6:00AM JB-I TobyMAC & Friends 6:30PM BS-S	9:30AM FV- I	6:00AM BT- I 6:30PM BF/MF-S	9:30AM BD - S/I	7:00AM BS- I 10:00AM AW - I & S
22	23	24	25	26	27	28
7:30AM -8:30AM CC-S Spirit Spin	9:30AM AJ- I Friendsgiving	6:00AM JB-CI00 TobyMAC & Friends 6:30PM BS-S	9:30AM FV- RD	Happy Thanksgiving No class MAC open 8am-12pm		8AM JB- S/I 60 minutes Super Saturday Spin in Parisi Area 25 bikes available
29	30					Burn the Bird
	9:30AM AJ- RD					
		Please remember to reserve your bike on the MindBody App . up to 3-days in advance				
Reservation required Mind Body 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 JO- Osbon BF/MF- Bill/Michele Foss BT-Bill Thomas AJ-Alice Jones FV-Felipe Veracochea HA-Heather Attaway TF-Tammy Fugate					fitness@fitmac.com or (281) 497-7570