

# January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Jan...1st ..... 2019	2	3	4	5
		 <b>2019</b> MAC Open 12pm - 8pm No Classes	5:15AM BT - I  6:00AM BS- S  9:00AM FV - S/I  6:30PM AJ - S/I	5:15AM JB- I  9:00AM AJ- I  6:30PM BF/MF - S Ready to Roll	5:15AM AJ- I Fresh Start  6:00 AM AJ-S 9:15-10:45PM BD-A+C  4:15PM BS - I	10:00AM AW-I
6	7	8	9	10	11	12
10:30AM MF/BF - I FTP Test	5:15AM BS - I  6:00AM BT- S  9:15AM - 10:30 AM AW-I Spin Core  6:45PM AJ - I	5:15AM JB- I Spin Stretch  8:30AM SD - S  6:30PM AJ - S/I	5:15AM AJ - S  6:00AM BS- I  9:00AM FV - S  6:30PM AJ - I	5:15AM DC- S/I  9:00AM AJ- S Surge  6:30PM BF/MF - I T.B.T.	5:15AM BS- S  6:00 AM BS-I  9:15-10:45PM BD-A+C  4:15PM AJ - S	10:00AM HA-S
13	14	15	16	17	18	19
10:30AM DC - S	5:15AM BS - S/I  6:00AM BT- I  9:15AM - 10:30 AM AW-S Spin Core  6:45PM AJ - I/S	5:15AM JB- S/I Spin Stretch  8:30AM SD -S/I  6:30PM AJ - I	5:15AM BT - S  6:00AM BS- S  9:00AM FV - I  6:30PM HA - S	5:15AM DC- S  9:00AM AJ- S  6:30PM BF/MF - S	5:15AM AJ- I  6:00 AM AJ-I/S  9:15-10:45PM BD-A+C  4:15PM BS- S	10:00AM JB-S
20	21	22	23	24	25	26
10:30AM BF/MF - S 90-minute ride	5:15AM BS - S  6:00AM BT- S/I  9:15AM - 10:30 AM AW-I Spin Core  6:45PM AJ - I OverUnder	5:15AM JB- I Spin Stretch  8:30AM SD- I  6:30PM AJ-S	5:15AM AJ - I  6:00AM BS- S  9:00AM FV - S  6:30PM AJ - S/I	5:15AM DC- S/I  9:00AM AJ- I  6:30PM BF/MF - S/I Ramp it Up!	5:15AM BS- I  6:00 AM BS-S  9:15-10:45PM BD-A+C  4:15PM AJ - I	10:00AM BS -I
27	28	29	30	31		
10:30AM DC - I	5:15AM BS - I  6:00AM BT- S  9:15AM - 10:30 AM AW-S Spin Core  6:45PM AJ - I	5:15AM JB- I Spin Stretch  8:30AM SD- I  6:30PM AJ-S	5:15AM BT - I  6:00AM BS- S  9:00AM FV - RD  6:30PM AJ - S/I	5:15AM DC- I  9:00AM AJ- I  6:30PM BF/MF - I		
Reservation may be required Call (281) 497-7570	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	JO- Osbon BF/MF- Bill/Michele Foss CS-Cathy Staerker	<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570