

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:30AM BF/MF - I Stars, Stripes & Spin!	5:15AM BS - I 6:00AM BT - S 9:00AM HA - S 6:45PM AJ - I	5:15AM HA - S Spin Stretch 8:30AM SD- C100 6:30PM AJ - S/I	4th of July 9:00AM BS - S  MAC Hours 7am-3pm	No Class 9:00AM AJ - I 6:30PM AJ - S/I	5:15AM AJ- S 6:00 AM AJ-I 9:15-10:45PM BD-A+C NO Class at 4:15pm	10:00AM JB-I/S
8	9	10	11	12	13	14
10:30AM DC - S	5:15AM BS - I 6:00AM BT - S 9:00AM ED - C100 6:45PM AJ - S	5:15AM JB- S Spin Stretch 8:30AM SD - S 6:30PM AJ - S/I	5:15AM BT - I 6:00AM BS - S 9:00AM FV - RD 6:45PM HA - I	5:15AM DC- S 9:00AM AJ- S 6:30PM BF/MF - C100 T.B.T.	5:15AM BS- I 6:00 AM BS-C100 9:15-10:45PM BD-A+C 4:15PM AW - S	10:00AM AW-S
15	16	17	18	19	20	21
10:30AM BF/MF - S 90 minute Ride	5:15AM BS - I 6:00AM BT - S 9:00AM HA - S 6:45PM AJ - RD	5:15AM JB- S Spin Stretch 8:30AM SD -S/I 6:30PM AJ - S/I	5:15AM AJ - I 6:00AM HA- S 9:00AM FV - I 6:45PM BF/MF - S	5:15AM DC- I 9:00AM AJ- I/S 6:30PM BF/MF - I Turn n' Burn	5:15AM AJ- I 6:00 AM AJ-I /S 9:15-10:45PM ED-A+C 4:15PM HA - I	10:00AM JB-I Last Dot Ride
22	23	24	25	26	27	28
10:30AM BF/MF - I	5:15AM BS - I 6:00AM BT - S 9:00AM HA - S 6:45PM AJ - I	5:15AM JB- S Spin Stretch 8:30AM SD- I 6:30PM AJ - S	5:15AM BT - I 6:00AM BS - S 9:00AM FV - S 6:45PM AJ - C100	5:15AM JB- C100 Rollin 9:00AM AJ- C100 6:30PM BF/MF - I Sprint-tastic!	5:15AM BS- S 6:00 AM BS- C100 9:15-10:45PM BD-A+C 4:15PM HA - S	10:00AM BS-S
29	30	31				
10:30AM BF/MF - I	5:15AM BS - I 6:00AM BT - S 9:00AM HA - S 6:45PM AJ - C100	5:15AM JB- S Spin Stretch 8:30AM SD- S 6:30PM AJ - S/I	<div style="background-color: yellow; padding: 10px; border: 1px solid black;"> <p>PRO DAY! It's a BIG DEAL "It will change your life forever" July 11th, 2018</p> </div> <div style="text-align: right; margin-top: 10px;"> <p><i>Le Tour de MAC Challenge 2018</i> Start Date: June 18, 2018 End Date: July 21, 2018</p> </div>			
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	fitness@fitmac.com or (281) 497-7570