

October 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 5:15AM BS - I Survivor Ride 6:00AM BT- S 9:15AM - 10:30 AM HA-S Spin Core 6:45PM AJ - C100 | 5:15AM JB- I Spin Stretch 8:30AM SD- S 6:30PM AJ - S/I | 5:15AM BT - I 6:00AM BS- S 9:00AM FV - S/I 6:30PM HA - C100 | 5:15AM DC- C100 9:00AM AJ- I 6:30PM BF/MF - S | 5:15AM BS- S 6:00 AM BS- C100 Simon Says 9:15-10:45PM BD-A+C 4:15PM AW - S | 10:00AM HA-I |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 10:30AM MF/BF - I | 5:15AM BS - S 6:00AM BT- I 9:15AM - 10:30 AM HA-I Spin Core 6:45PM AJ - S | 5:15AM JB- I Spin Stretch 8:30AM SD - S 6:30PM AJ - S/I Tailgating | 5:15AM AJ - RD 6:00AM BS- I 9:00AM FV - I 6:30PM AJ - I | 5:15AM DC- S/I 9:00AM AJ- S 6:30PM BF/MF - C100 T.B.T. | 5:15AM AJ- I 6:00 AM AJ-C100 SlipStream 9:15-10:45PM BD-A+C 4:15PM AW - I | 10:00AM AW-S |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 10:30AM DC - S | 5:15AM BS - I 6:00AM BT- S 9:15AM - 10:30 AM BS-S Spin Core 6:45PM MF - I/S | 5:15AM JB- S/I Spin Stretch 8:30AM SD -S/I 6:30PM AJ - S/I | 5:15AM BT - I 6:00AM BS- S 9:00AM FV - RD 6:30PM HA - S | 5:15AM DC- I 9:00AM AJ- I/S 6:30PM BF/MF - I | 5:15AM BS- I 6:00 AM BS-I /S 9:15-10:45PM BD-A+C 4:15PM HA - I | 10:00AM BS-I Red Light Green Light |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 10:30AM BF/MF - S 90-minute ride | 5:15AM BS - I 6:00AM BT- S 9:15AM - 10:30 AM HA-I Spin Core 6:45PM AJ - I | 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 - C100 | 5:15AM DC- I 9:00AM AJ- S 6:30PM BF/MF - I Monster Mountain Crankin' Stein | 5:15AM AJ- I 6:00 AM AJ- C100 9:15-10:45PM BD-A+C 4:15PM HA - S | 10:00AM JB -S/I 18 Monsterous Intervals |
| 28 | 29 | 30 | 31 | | | |
| 10:30AM DC - I | 5:15AM BS - I Monstrous Monday 6:00AM BT- S 9:15AM - 10:30 AM HA-S Spooky Spin 6:45PM AJ Rocktober | 5:15AM JB- I Spin Stretch 8:30AM SD- S 6:30PM AJ - S/I | 5:15AM BT - I 6:00AM BS- S Hallowe'en Celebration 9:00AM FV - S/I 6:30PM AJ Thriller | | | |
| 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 |