

March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				5:15AM DC- S	5:15AM AJ- S	
				9:00AM AJ- I	6:00AM AJ- S	10:00AM -11:00AM BS-S/I
				6:30PM BF/MF- RD	9:15-10:30 BD - A+C	Ready Set Go!
					4:15PM HA - I	
4	5	6	7	8	9	10
	5:15AM BS- I	5:15AM JB- S Spin Stretch	5:15AM AJ- I	5:15AM DC- S	5:15AM BS S	
	6:00AM BT- S	8:30AM SD - RD	6:00AM BS- I	9:00AM AJ- I	6:00AM BS- I	10:00AM -11:00AM AW - I
	9:00 HA- S/I		Pace Practice	Spring Ahead	9:15-10:30 BD - A+C	
10:30AM -11:30AM CS - I	6:45PM AJ- S	6:30PM AJ- C100	6:30PM AJ - S	6:30PM BF/MF- S	4:15PM AW - S	
				T.B.T	Decades	
11	12	13	14	15	16	17
	5:15AM BS- I	5:15AM JB- I/S	5:15AM BT- S	5:15AM JB- I	5:15AM AJ- I	
	St. Patrick's Day Ride	Spin Stretch	6:00AM BS- I		6:00AM AJ- S	
10:30AM -12:00PM MF/BF-I	6:00AM BT- S	8:30AM SD -I	9:00-10:00 ED- I	9:00AM AJ- S		10:00AM -11:00AM HA - I
90 Minute Ride	9:00 AW- I		6:30PM AJ- I	6:30PM MF/BF-I	9:15-10:30 BD A + C	
	6:45PM AJ-I	6:30PM AJ- RD	Pedal Power		4:15PM HA- I	
	Break Away					
18	19	20	21	22	23	24
	5:15AM BS- I	5:15AM JB - RD	5:15AM AJ- I	5:15AM DC- I	5:15AM BS- I	
	6:00AM BT- I	Spin Stretch	6:00AM BS - S		6:00AM BS-S	
		8:30AM SD-S	Work in the rear view	9:00AM AJ- I/S		10:00AM -11:00AM AW- S
10:30AM -11:30AM ED-S	9:00 AM HA-RD		9:00-10:00 FV- S/I		9:15-10:30 BD A + C	
	6:45PM AJ- S	6:30PM AJ- I	6:30PM HA - S/I	6:30PM BF/MF-C100	4:15PM HA - S	
		Tabata Tuesday		Rhythm Ride		
25	26	27	28	29	30	31
	5:15AM BS- I	5:15AM JB - S/I	5:15AM BT- S	5:15AM DC-S	5:15AM AJ- S	
	Finales	Spin Stretch	6:00AM BS - S		6:00AM AJ- I	
	6:00AM BT- S?I	8:30AM SD-I	9:00-10:00 FV- I	9:00AM AJ-I	Energized Jumps	10:00AM -11:00AM JB- I
10:30AM -11:30PM MF/BF-S	9:00 AM HA-I		6:30PM ED- S		9:15 - 10:30AM BD A+C	
x 8 Min FTP Test	6:45PM AJ- I	6:30PM AJ- S		6:30PM BF/MF- I	4:15PM AW - S	
					Stand Up!	
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	CS- Cathy Staerker JO- Osbon JJ-Jennifer Jeray	BF/MF- Bill/Michele Foss fitness@fitmac.com or (281) 497-7570