

May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	5:15AM BS-I 6:00AM BT- S 9:00-10:30 HA Party Like it's 2017 6:45PM AJ-S/I	5:45AM JB- I Spin Stretch 8:30AM SD-SPINLATES 6:30PM AJ - S	5:15AM BT- S 6:00AM BS- S 9:00-10:00 FV-RD 11:30am-1:00pm BD - NRG 6:30PM HA - I	5:15AM DC- S Star Wars 6:00AM JB- S 9:00AM AJ-Spin Core 6:30PM BF/MF- I	5:15AM AJ- S 6:00AM AJ- RD Cinco de Mayo 9:15-10:30 BD - A+C 4:15PM AW High / Low	10:00AM -11:00AM AW- S
7	8	9	10	11	12	13
	5:15AM BS-I Go Faster 6:00AM BT- S 9:00-10:30 HA S70 CoreFlex 10:30AM -11:30AM ED-I 6:45PM AJ-S/I	5:45AM JB- I Spin Stretch 8:30AM SD-SPINLATES 6:30PM AJ - S Switchbacks	5:15AM AJ- S 6:00AM BS- S Classic Rock 9:00-10:00 FV-RD 11:30am-1:00pm BD - NRG 6:30PM DC - I	5:15AM BS- S 6:00AM JB- S Get Up & Go! 9:00AM AJ-Spin Core 6:30PM BF/MF- I T.B.T	5:15AM BS S/I 6:00AM BS- C100 9:15-10:30 BD - A+C 4:15PM AW Endurance	10:00AM -11:00AM HA- I
14	15	16	17	18	19	20
	5:15AM BS- S 6:00AM BT- S 10:30AM -12:00PM BF/MF-I/S 90 Minute Ride 9:00-10:30 HA S70 CoreFlex 6:45PM AJ-I	5:45AM JB- I/S Spin Stretch 8:30AM SD -SPINLATES 6:30PM AJ- S/I	5:15AM BT- S 6:00AM BS- I Rockin' the Blues 9:00-10:00 FV- I 11:30am- 12:30pm BD- I 6:30PM AJ- S	5:15AM DC- I 6:00AM JB- C100 9:00AM AJ -Spin Core 6:30PM BF/MF-S/I	5:15AM AJ- C100 6:00AM AJ-I 9:15-10:30 BD A+C 4:15PM MF/BF - I	S10:00AM -11:00AM AJ Pathfinder
21	22	23	24	25	26	27
	5:15AM BS- S 6:00AM BT- I 10:30AM -11:30AM DC-I 9:00-10:30 HA 6:45PM AJ- S	5:45AM JB- RD Spin Stretch 8:30AM SD-SPINLATES 6:30PM AJ- S	5:15AM AJ- I 6:00AM BS- S 9:00-10:00 FV- S/I 11:30am-1:00pm BD- NRG 6:30PM DC - S/I	5:15AM BS- S 6:00AM JB- S 9:00AM AJ-Spin Core 6:30PM BF/MF Bring The Heat	5:15AM BS I 6:00AM BS- RD 80's & 90's 9:15-10:30 BD - A+C 4:15PM AW Classic Rock vs. Hip Hop	10:00AM -11:00AM AW- S
28	29	30	31			
	Memorial Day MAC Open 7am - 7pm 9:00-10:30 BS 10:30AM -11:30AM BF/MF- S	5:45AM JB - I Spin Stretch 8:30AM SD-SPINLATES 6:30PM AJ- I	5:15AM BT- S 6:00AM BS- I 9:00-10:00 FV- S 11:30am-1:00pm BD- NRG 6:30PM HA- 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 JJ-Jennifer Jeray	fitness@fitmac.com or (281) 497-7570