

May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		5:15AM JB- S Spin Stretch 8:30AM SD - RD 6:30PM ED- C100	5:15AM BT- I 6:00AM BS- I 9:00-10:00 FV-S 6:30PM ED- S	5:15AM DC- S 9:00AM CC- I 6:30PM BF/MF- S/I	5:15AM BS- S <hr/> 6:00AM BS- I 10:00AM -11:00AM BS-I 9:15-10:45 BD - A+C 4:15PM AW Movie Spin	
6	7	8	9	10	11	12
	5:15AM BS-I 6:00AM BT- S 9:00 DC - S/I <hr/> 10:30AM -11:30AM ED-I 6:45PM AJ- S	5:15AM JB- S Spin Stretch 8:30AM SD - I 6:30PM AJ- C100	5:15AM AJ- I 6:00AM BS- I 9:00-10:00 FV-S 6:30PM AJ- S	5:15AM DC- S 9:00AM AJ- I Paceline Sprints 6:30PM BF/MF- S T.B.T	5:15AM AJ S 6:00AM AJ-I 9:15-10:45 BD - A+C 4:15PM ? - S	10:00AM -11:00AM JB - S 3 Mountain Pea
13	14	15	16	17	18	19
	5:15AM BS- I 6:00AM BT- S 9:00 DC - I 6:45PM AJ-I	5:15AM JB- I/S Spin Stretch 8:30AM SD -I 6:30PM AJ- RD Prime Time	5:15AM BT- S 6:00AM BS- I 9:00-10:00 FV- I 6:30PM AJ- I	5:15AM DC- I 9:00AM AJ- S 6:30PM MF/BF-C100	5:15AM BS- I 6:00AM BS- S 9:15-10:45 BD - A+C 4:15PM AW Endurance	10:00AM -11:00AM AW- IS
	10:30AM -11:30AM MF/BF-S Strong Women					
20	21	22	23	24	25	26
	5:15AM BS- I 6:00AM BT- I 9:00 AM BD-RD 6:45PM I- MF	5:15AM JB - RD Spin Stretch 8:30AM SD-S 6:30PM BS- I	5:15AM BT- I 6:00AM BS - S 9:00-10:00 FV- S/I 6:30PM ED - S/I	5:15AM DC- I 9:00AM CC- I/S 6:30PM MF/BF-S	5:15AM BS- I 6:00AM BS-S 9:15-10:45 HA - A+C 4:15PM HA - S	10:00AM -11:00AM JB- I 20 Intervals
	10:30AM -12:00PM BF/MF-S/I 90 minute Ride					
27	28	29	30	31		
	Memorial Day MAC Hours 7am-7p 9:00 AM HA-I	5:15AM JB - RD Spin Stretch 8:30AM SD-S 6:30PM AJ- I	5:15AM AJ- I Speed Play 6:00AM BS - S 9:00-10:00 FV- S/I 6:30PM HA - S/I	5:15AM DC- I 9:00AM AJ- I/S 6:30PM MF/BF-S/I 32 Intervals		
	10:30AM -11:30PM ED-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	CS- Cathy Staerker JO- Osbon JJ-Jennifer Jeray	BF/MF- Bill/Michele Foss fitness@fitmac.com or (281) 497-7570