

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
<h2>Ride de Joy 2017</h2> <p>October 30th registration November 13th (Monday) Start earning dots December 16th (Saturday) Last class to earn a dot</p>			5:15AM AJ- I	5:15AM DC- I	5:15AM AJ- S		
			6:00AM BS- S/I	Switchback City		6:00AM AJ- S	10:00AM -11:00AM JB- S/I
			9:00-10:00 FV- S/I		9:00AM AJ- S	9:15-10:30 BD- A+C	
			6:30PM BD- S	6:30PM BF/MF-C100	4:15PM AW- I	Climb that Mountain	
5	6	7	8	9	10	11	
	5:15AM BS- I Legendary	5:15AM JB- I Spin Stretch	5:15AM BT- S	5:15AM DC- S	5:15AM BS- S		
	6:00AM BT- S	8:30AM SD- RD	6:00AM BS- S		6:00AM BS- I		
	9:00 HA- S/I		9:00-10:00 FV- S	9:00AM CC- I	9:15-10:30 BD- A+C	10:00AM -11:00AM AW- I	
10:30AM -11:30AM BF/MF- I					4:15PM AW		
x8 min FTP Tes	6:45PM AJ	6:30PM MF- C100	6:30PM BD- I	6:30PM BF/MF- S	Endurance		
12	13	14	15	16	17	18	
	5:15AM HA- S	5:15AM JB- I/S Spin Stretch	5:15AM BT- S	5:15AM DC- I	5:15AM BT- I		
	6:00AM BT- S	8:30AM SD- I	6:00AM HA- I		6:00AM DC- S		
10:30AM -12:00PM ED- I/S	9:00 HA- I		9:00-10:00 FV- I	9:00AM DC- S	9:15-10:30 BD	10:00AM -11:00AM JB- I	
90 Minute Ride	Ride de Joy Starts	6:30PM ED- RD	6:30PM BD- S	6:30PM BF/MF- I	4:15PM HA- I		
	6:45PM AW- I						
19	20	21	22	23	24	25	
	5:15AM BS- S	5:15AM JB- RD Spin Stretch	5:15AM AJ- I		No Early Classes		
	6:00AM BT- I	8:30AM SD- S	6:00AM BS- S/I	Happy Thanksgiving		10:00AM -11:00AM AW- S	
10:30AM -11:30AM BF/MF- I	9:00 AM ED- S		9:00-10:00 FV- S/I	NO Classes			
Turn n' Burn	6:45PM AJ- S	6:30PM AJ- I	6:30PM BD- S	MAC is open 8 am - 12pm			
	Big Ring			Burn the Bird			
26	27	28	29	30			
	5:15AM BS- I/S	5:15AM JB- S Spin Stretch	5:15AM BT- S	5:15AM DC- I			
	6:00AM BT- S	8:30AM SD- I	6:00AM BS- I				
10:30AM -11:30AM ED- S	9:00 HA- RD		9:00-10:00 FV- I	9:00AM AJ- S			
	6:45PM AJ- C100	6:30PM AJ- S	6:30PM BD- S	6:30PM BF/MF- I			
				Classic Rock Ride			
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	fitness@fitmac.com or (281) 497-7570	