

# March 2024

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>March ...31</b>					<b>1</b>	<b>2</b>
<b>Easter Sunday</b> MAC is Closed 					5:15AM AJ - S/I 9:30AM BD - S	8:00AM TF- I 10:00AM JB- I & S
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Spirit Spin</b> 7:30AM CC  Non Spivi class	5:15AM DC - S 9:30AM AJ - S & I	6:00AM JB- S & I 6:30PM TF- I	5:15AM BS - I 9:30AM FV- S	6:00AM AJ- S	5:15AM HA - I 9:30AM BD - S	8:00AM BS- S 10:00AM JB- S <b>FTP TEST</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	No 5:15am class	6:00AM JB- S 6:30PM TF- I & S	5:15AM BS - S & I 9:30AM FV- I & S	6:00AM BT- I & S	No 5:15am class 9:30AM BD - I	8:00AM TF- S & I Begin N Spin 9:15AM JB- BNS 10:00AM JB- S&I
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	5:15AM DC - S & I 9:30AM BS - I & S	6:00AM JB- I & S 6:30PM TF - S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- I	5:15AM HA - I & S 9:30AM BD - I & S	8:00AM BS- I & S 10:00AM AW - S
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>MS150-PREP</b> 8:00AM TF- I & S <b>120 min ride</b>	5:15AM DC - I & S 9:30AM AJ - I	6:00AM JB- S <b>FTP TEST</b> Begin N Spin 5:45AM TF- BNS 6:30PM TF- I	5:15AM BS - I & S 9:30AM FV- I	6:00AM BT- S	5:15AM AJ - S/I 9:30AM BD - S	8:00AM TF- I 10:00AM AW- I
Please remember to reserve your bike on the <b>MAC App</b> . up to 3-days in advance						
<b>Reservation required on MAC App</b>	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	TF-Tammy Fugate	<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570

**March 2024**

***Boo!***

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