

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	5:15AM DC - I & S 9:30AM ED - S & I	6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-I	5:15AM BS - S 9:30AM FV- S	6:00AM BT- S & I 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - I/S	8:00AM BS- I 10:00AM -JB S
8	9	10	11	12	13	14
Spirit Spin 7:30AM CC  Non Spivi class	5:15AM DC - S 9:30AM AJ - S	6:00AM JB- S FTP 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM TF-I	5:15AM BS - I 9:30AM FV- I	6:00AM BT- S 8:30AM CC2- I/S 9:30AM CC2- Circuit	Spirit Spin 6:00AM CC Non Spivi  9:30AM BD - I	8:00AM BS- I Last Dot Rides Begin N Spin 9:15AM JB- BNS 10:00AM JB- I & S
15	16	17	18	19	20	21
	5:15AM DC - I 9:30AM AJ - S/I	6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM TF-I/S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- S & I Best of 2024 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - S	8:00AM TF- I 10:00AM AW- S
22	23	24	25	26	27	28
	5:15AM DC - I & S 9:30AM CC2 - S & I	Christmas EVE 8:30AM CC2- S 9:30AM CC2- Circuit MAC is Open 7am - 3pm	 MAC is closed	No 6am Class 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - S/I	8:00AM AW- I 10:00AM JB - I FTP
29	30	31	Jan..1, 2025			
	5:15AM DC - I 9:30AM AJ - I	 MAC Open 7am - 7pm	 MAC Open 12pm - 8pm	 November 11 - December 14th		
Please remember to reserve your bike on the MAC App . up to 3-days in advance						
Reservation required on MAC App	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	MP- Michelle Perez CC2- Carolina Carstens TF-Tammy Fugate	 fitness@fitmac.com or (281) 497-7570

December 2024

Boo!

December 2024

Boo!