




# September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>Labor Day</b>	6:00AM JB- S & I 8:30AM CC2- S 9:30AM CC2- Circuit 6:30PM AJ -I/S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- I 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - S	8:00AM BS- I 10:00AM JB- S <b>FTP TEST</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Spirit Spin</b> 7:30AM CC  <i>Non Spivi class</i>	5:15AM DC - S 9:30AM CC2 - S	6:00AM JB- S 8:30AM CC2- I 9:30AM CC2- Circuit 6:30PM BS-I	5:15AM BS - I 9:30AM FV- I	6:00AM BT- S 8:30AM CC2- I/S 9:30AM CC2- Circuit	9:30AM CC2 - S	8:00AM TF- I <b>Begin N Spin</b> 9:15AM JB- BNS 10:00AM JB- I & S
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	5:15AM DC - I 9:30AM CC2 - 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 8:30AM CC2- I 9:30AM CC2- Circuit	9:30AM BD - I	8:00AM BS- I 10:00AM CC2- I
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	5:15AM DC - I & S 9:30AM AJ - S & I	6:00AM JB- I <b>FTP TEST</b> 8:30AM CC2- I 9:30AM CC2- Circuit 5:45AM TF- BNS 6:30PM TF- S	5:15AM BS - S & I 9:30AM FV- I & S	6:00AM BT- I & S 8:30AM CC2- I 9:30AM CC2- Circuit	<b>Spirit Spin</b> 6:00AM CC <b>Non Spivi</b>  9:30AM BD - I/S	8:00AM TF- I 10:00AM JB- S & I
<b>29</b>	<b>30</b>					
	5:15AM DC - I 9:30AM AJ - I				<b>TUESDAY &amp; THURSDAY</b> <b>8:30am - 9:15am Spinning Class</b>  <b>9:30am - 10:15am Core, Stabilization, &amp; Foam Rolling</b> Starting September 3rd, 2024	
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	MP- Michelle Perez CC2- Carolina Carstens TF-Tammy Fugate	<a href="mailto:fitness@fitmac.com" style="color: white;">fitness@fitmac.com</a> or (281) 497-7570

**September 2024**

***Boo!***