

May



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--------------------------------------|--|---|---|
|  | ENERGY ZONE EEZ-Endurance SEZ-Strength IEZ-Interval RDEZ-Race Day REZ-Recovery | 1 6:45-7:45am AS EEZ 12:00-12:45pm AR IEZ 5:15-6:15pm AS SEZ | 2 5:45-6:45 a.m.AS IEZ | 3 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR SEZ | 4 5:45-6:45 a.m.AS SEZ | 5 7:30-8:30am AR Free Ride 10:30-11:30am AR Intro to Spinning® Free for Members Pre-register at desk |
| 6 | 7 5:45-6:45 a.m.AS EEZ | 8 6:45-7:45am AS SEZ 12:00-12:45pm AR EEZ 5:15-6:15pm AS IEZ | 9 5:45-6:45 a.m.AS SEZ | 10 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ | 11 5:45-6:45 a.m.AS IEZ | 12 7:30-8:30am AR Free Ride |
| 13  | 14 5:45-6:45 a.m.AS SEZ | 15 6:45-7:45am AS IEZ 12:00-12:45pm AR SEZ 5:15-6:15pm AS EEZ | 16 5:45-6:45 a.m.AS IEZ | 17 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR EEZ | 18 5:45-6:45 a.m.AS EEZ | 19 7:30-8:30am AR Free Ride LAST SATURDAY RIDE UNTIL FALL |
| 20 | 21 5:45-6:45 a.m.AS IEZ | 22 6:45-7:45am AS EEZ 12:00-12:45pm AR IEZ 5:15-6:15pm AS SEZ | 23 5:45-6:45 a.m.AS SEZ | 24 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR SEZ | 25 5:45-6:45 a.m.AS EEZ | 26 |
| 27 | 28 CLOSED  | 29 6:45-7:45am AS SEZ 12:00-12:45pm AR EEZ 5:15-6:15pm AS IEZ | 30 5:45-6:45 a.m.AS EEZ | 31 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ | INSTRUCTORS KB-Ken Bushey JM-Joe McCarthy AR-Ann Ripley AS-Angie Scott |  |

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