

October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:45-6:45 a.m.AS IEZ	2 6:45-7:45am AS SEZ 10:15-11:00am AR EEZ 5:30-6:30pm AS SEZ	3 5:45-6:45 a.m.AS EEZ	4 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ	5 5:45-6:45 a.m.AS SEZ	6 7:30-8:30am AR - AI Intro to Spinning 10:30-11:30am Please pre-register at front desk.
7	8 5:45-6:45 a.m.AS EEZ	9 6:45-7:45am AS IEZ 10:15-11:00am AR SEZ 5:30-6:30pm AS IEZ	10 5:45-6:45 a.m.AS SEZ	11 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR EEZ	12 5:45-6:45 a.m.AS IEZ	13 7:30-8:30am AR - TI
14	15 5:45-6:45 a.m.AS SEZ	16 6:45-7:45am AS EEZ 10:15-11:00am AR IEZ 5:30-6:30pm AS EEZ	17 5:45-6:45 a.m.AS IEZ	18 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR SEZ	19 5:45-6:45 a.m.AS EEZ	20 7:30-8:30am JM - HII
21	22 5:45-6:45 a.m.AS IEZ	23 6:45-7:45am AS SEZ 10:15-11:00am AR EEZ 5:30-6:30pm AS SEZ	24 5:45-6:45 a.m.AS EEZ	25 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ	26 5:45-6:45 a.m.AS SEZ	27 7:30-8:30am AR - EEZ
28	29 5:45-6:45 a.m.AS EEZ	30 6:45-7:45am AS IEZ 10:15-11:00am AR SEZ 5:30-6:30pm AS IEZ	31 5:45-6:45 a.m.AS SEZ			
	INSTRUCTORS KB-Ken Bushey JM-Joe McCarthy AR-Ann Ripley AS-Angie Scott		ENERGY ZONE EEZ-Endurance SEZ-Strength IEZ-Interval RDEZ-Race Day REZ-Recovery	AI – Aerobic Interval TI – Threshold Interval HII – High Intensity Interval		

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