



SCHEDULE

Summer 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM SUYUMI INTERVALS &ARMS 45 MIN	8:30 AM JON HILLS & DRILLS 45 MIN	8:30AM ANDI INTERVALS &ARM 45 MIN	8:30 AM CHARLOTTE HOUSE HIIT 45 MIN	8:30 AM SUYUMI HILLS & DRILLS 45 MIN	9:30 AM RACHEL INTERVALS &ARMS 45 MIN	9:45 AM MIKE HOUSE HIIT 45 MIN
9:30AM MICHELLE ROAD WARRIOR 45 MIN	9:45 AM MIKE HOUSE HIIT 45 MIN	9:30AM MIKE ROAD TRIPPIN' 45 MIN	9:45 AM RACHEL HILLS & DRILLS 45 MIN	9:30 AM BECKY ROAD WARRIOR 45 MIN	10:30 AM MICHELLE HOUSE HIIT 45 MIN 	10:45 AM CHARLOTTE ROAD WARRIOR 45 MIN 
	6:00 PM MICHELLE ROAD WARRIOR 45 MIN		6:00 PM JON HOUSE HIIT 45 MIN		COMMUNITY RIDE: A FREE RIDE TO NEW & LOCAL RIDERS. INVITE YOUR FRIENDS & FAMILY TO JOIN THE PARTY!	

