group cycling MONTHLY CLASS SCHEDULE

OCTOBER

CHOICE HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	2 **RPM | Michelle** 5:30-6:15 am (C2) **Group Cycling | Amber** 9:00-9:45 am (C2)	3 **POWER CYCLING | Karen** 8:30-9:30 am (C2)	4 **Group Cycling | Davina** 11:00-11:45 am (C2)
5 **RPM | Tammy** 12:00-12:45 pm (C2) **EPIC Cycling | Davina** 4:30-5:00 pm (C2) **RPM | Davina** 5:30-6:30 pm (C2)	6 **RPM | Kerri** 5:30-6:15 am (C2) **Group Cycling | Amber** 9:00-9:45 am (C2) **RPM| Yvonne** 5:30-6:15 pm (C2)	7 **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | Tammy** 12:00-12:45 am (C2) **EPIC Cycling | Karen** 4:30-5:00 pm (C2) **RPM | Karen** 5:30-6:30 pm (C2)	8 **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	9 **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | Davina** 9:00-9:45 am (C2)	10 **POWER CYCLING | Karen** 8:30-9:30 am (C2)	11 **Group Cycling | Davina** 11:00-11:45 am (C2)
12 **RPM | Tammy** 12:00-12:45 pm (C2) **EPIC Cycling | Davina** 4:30-5:00 pm (C2) **RPM | Davina** 5:30-6:30 pm (C2)	13 **RPM | Kerri** 5:30-6:15 am (C2) **Group Cycling | Amber** 9:00-9:45 am (C2) **RPM | Yvonne** 5:30-6:15 pm (C2)	14 **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | TBD** 12:00-12:45 am (C2) **EPIC Cycling | Karen** 4:30-5:00 pm (C2) **RPM |Karen** 5:30-6:30 pm (C2)	15 **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	16 **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | Amber** 9:00-9:45 am (C2)	17 **POWER CYCLING |TBD** 8:30-9:30 am (C2)	18 **Group Cycling | Davina** 11:00-11:45 am (C2)
19 **RPM | Tammy** 12:00-12:45 pm (C2) **EPIC Cycling | Davina** 4:30-5:00 pm (C2) **RPM | Davina** 5:30-6:30 pm (C2)	20 **RPM | Kerri** 5:30-6:15 am (C2) **Group Cycling | Amber** 9:00-9:45 am (C2) **RPM | Yvonne** 5:30-6:15 pm (C2)	21 **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | TBD** 12:00-12:45 am (C2) **EPIC Cycling | Karen** 4:30-5:00 pm (C2) **RPM | Karen** 5:30-6:30 pm (C2)	22 **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	23 **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling |Davina** 9:00-9:45 am (C2)	24 **POWER CYCLING |Karen** 8:30-9:30 am (C2)	25 **Group Cycling | Michelle** 11:00-11:45 am (C2)
26 **RPM | Tammy** 12:00-12:45 pm (C2) **EPIC Cycling |Davina** 4:30-5:00 pm (C2) **RPM |Davina** 5:30-6:30 pm (C2)	27 **RPM | Kerri** 5:30-6:15 am (C2) **Group Cycling | Amber** 9:00-9:45 am (C2) **RPM |Yvonne** 5:30-6:15 pm (C2)	28 **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | TBD** 12:00-12:45 am (C2) **EPIC Cycling | Karen** 4:30-5:00 pm (C2) **RPM | Karen** 5:30-6:30 pm (C2)	29 **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	30 **RPM | Michelle** 5:30-6:15 am (C2) **Group Cycling |TBD** 9:00-9:45 am (C2)	31 **POWER CYCLING |Karen** 8:30-9:30 am (C2)	

PLEASE NOTE: *Instructor schedules are posted at the beginning of the month and are subject to change.*