group cycling MONTHLY CLASS SCHEDULE

NOVEMBER

CHOICE HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 **Group Cycling | Alyssa** 11:00-11:45 am (C2)
2 **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)	**3** **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)	**4** **RPM | Jess** 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)	**5** **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	**6** **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | Davina** 9:00-9:45 am (C2)	**7** **POWER CYCLING | Karen** 8:30-9:30 am (C2)	**8** **Group Cycling | Davina** 11:00-11:45 am (C2)
9 **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)	**10** **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)	**11** **RPM | Jess** 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)	**12** **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	**13** **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling | Amber** 9:00-9:45 am (C2)	**14** **POWER CYCLING |Karen** 8:30-9:30 am (C2)	**15** **Group Cycling | Davina** 11:00-11:45 am (C2)
16 **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)	**17** **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)	**18** **RPM | Jess** 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)	**19** **Group Cycling | Alyssa** 5:30-6:15 am (C2) **RPM | Tammy** 9:00-9:45 am (C2)	**20** **RPM | Julie** 5:30-6:15 am (C2) **Group Cycling |Davina** 9:00-9:45 am (C2)	**21** **POWER CYCLING |Karen** 8:30-9:30 am (C2)	**22** **Group Cycling | Davina** 11:00-11:45 am (C2)
23/30 **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)	**24** **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)	**25** **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)	**26** **HAPPY THANKSGIVING** **CLOSED**	**27** **RPM | NO CLASS** 5:30-6:15 am (C2) **Group Cycling |Amber** 9:00-9:45 am (C2)	**28** **POWER CYCLING |Karen** 8:30-9:30 am (C2)	**29** **Group Cycling | Julie** 11:00-11:45 am (C2)

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