group cycling MONTHLY CLASS SCHEDULE

DECEMBER

CHOICE HEALTH & FITNESS

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

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