



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycling 6:00-7:00 Brian TBC 6:00-7:00 Karen	Cycling 5:45-6:45 Brian	TBC 6:00-7:00 Aure	Cycling 5:45-6:45 Brian	TBC 6:-7:00 Aure	
Cycling 7:30-9:00 Tom						Cycling 7:30-8:30 Cheryl
		Cycling 8:00-9:00 Cheryl		Cycling 8:00-9:00 Karen		TBC 8:45-9:45 TBD
	TBC 9:00-10:00 Mark	TBC 9:00-10:00 Anita	BIG O 9:00-10:00 Mark	TBC 9:00-10:00 Mark	BIG O 9:00-10:00 Mark	
	Open Cycling 9:00-2:00pm	Open Cycling 9:00-2:00pm	Open Cycling 9:00-2:00pm	Open Cycling 9:00-2:00pm	Open Cycling 9-10:00	LCMA 10:00-3:00
		LCMA 3:30-9:00	LCMA 3:30-9:00	LCMA 3:30-9:00	LCMA 3:30-9	
		Cycling 5:45-6:45 Paul		Cycling 5:45-6:45 Paul		

Begins
11/1/2022