



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycling 6:00-7:00 Brian TBC 6:00-7:00 Karen	Cycling 6:00-7:00 Brian	TBC 6:00-7:00 Karen	Cycling 6:00-7:00 Brian	TBC 6:00-7:00 Anita	
Cycling 7:00-8:30 Tom						Cycling 7:30-8:30 Cheryl
		Cycling 8:00-9:00 Cheryl	BIG O 8:00-9:00 9:00-10:00 Mark	Cycling 8:00-9:00 Karen	BIG O 8:00-9:00 9:00-10:00 Mark	
	TBC 9:00-10:00 Mark	TBC 9:00-10:00 Karen	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 YOGA 5:30-6:30	LCMA 3:30-9	

Begins
10/29/2023