



Summer 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	
			BIG O 8:00-9:00 Mark		BIG O 8:00-9:00 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	
		BIG O 11-12:00pm Mark		BIG O 11-12:00pm Mark		LCMA 10:00-3:00
		LCMA 3:30-9:00	LCMA 3:30-9:00	LCMA 3:30-9:00	LCMA 3:30-9:00	

Begins
06/01/2024