



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycling 6:00a-7:00a Brian	Cycling 5:45a-6:45a Brian	TBC 6:00a-7:00a Aure	Cycling 5:45a-6:45a Brian	TBC 6:00a-7:00a Aure	
Cycling 7:00a-8:30a Brian						Cycling 7:00a-8:00a Cheryl
Cycling 9:00a-10:00a Susan	Cycling 8:00a-9:00a Anita	Cycling 8:00a-9:00a Cheryl		Cycling 8:00a-9:00a TBD		TBC 8:15a-9:00a Mark
STR 10:15a-11:15a Susan	TBC 9:00a-10:00a Mark	TBC 9:00a-10:00a Anita	STR 9:00a-10:00a Susan	TBC 9:00a-10:00a Mark	STR 9:00a-10:00a Susan	Cycling 8:30a-10:00a Rebecca TBC 9:00a-10:00a Anita
	Open Cycling 9:00a-2:00p	Open Cycling 9:00a-2:00p	Open Cycling 9:00a-2:00p	Open Cycling 9:00a-2:00p	Open Cycling 9:00a-10:00a	LCMA 10:00a-3:00p
		LCMA 3:30p-9:00p	LCMA 3:30p-9:00p	LCMA 3:30p-9:00p	LCMA 3:30p-9:00p	
	Cycling 6:00p-7:00p Paul		Cycling 6:00p-7:00p Paul	Cycling 6:00p-7:00p Susan		

Begins 11/1/2021

Last Updated: 9/19/2021