



## CYCLE CLASSES August 2009



| Sunday  | Monday                                | Tuesday           | Wednesday                            | Thursday              | Friday                                 | Saturday             |
|---|---------------------------------------|-------------------|--------------------------------------|-----------------------|--|----------------------|
| <b>Please check the schedule carefully - there have been some changes and cancellations</b> |                                       |                   |                                      |                       |  | 1<br>9:35am: Amber   |
| 2   | 3<br>5:30am - Emily<br>6:00pm - Tara  | 4<br>5:30pm-Tara  | 5<br>9:30 - Nick<br>6:00pm - Robert  | 6<br>5:30pm - Robert  | 7<br>5:30am: Robert<br>9:30am: Faizah  | 8<br>9:35am: Tara    |
| 9   | 10<br>5:30am - Emily<br>6:00pm - Tara | 11<br>5:30pm-Jill | 12<br>9:30 - Faizah<br>6:00pm - Tara | 13<br>5:30pm - Robert | 14<br>5:30am: Robert<br>9:30am: Nick   | 15<br>9:35am: Emily  |
| 16  | 17<br>5:30am - Emily<br>6:00pm - Tara | 18<br>5:30pm-Tara | 19<br>9:30 - Nick<br>6:00pm - Robert | 20<br>5:30pm - Robert | 21<br>5:30am: Robert<br>9:30am: Nick   | 22<br>9:35am: Robert |
| 23  | 24<br>5:30am - Emily<br>6:00pm - Tara | 25<br>5:30pm-Jill | 26<br>9:30 - Faizah<br>6:00pm - Tara | 27<br>5:30pm - Robert | 28<br>5:30am: Robert<br>9:30am: Faizah | 29<br>9:35am: Emily  |
| 30  | 31<br>5:30am - Emily<br>6:00pm - Tara |                   |                                      |                       |  |                      |