




CYCLE CLASSES January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 5:30am -Emily 9:30am -Lois 6:00pm -Joshua	3 5:30am - Robert 5:30pm-Whitney	4 5:30am -Emily 9:30am-Tre 6:00pm - Robert	5 5:30am – Kesha (45 mins) 6:00pm - Robert	6 5:30am – Tre 9:30am – Kim H.	7 9:35am: Nick
8	9 5:30am -Emily 9:30am -Lois 6:00pm -Joshua	10 5:30am - Robert 5:30pm-Whitney	11 5:30am -Emily 9:30am-Tre 6:00pm - Robert	12 5:30am – Kesha (45 mins) 6:00pm - Robert	13 5:30am – Tre 9:30am – Kim H.	14 9:35am: Tre
15	16 5:30am -Emily 9:30am -Lois 6:00pm -Joshua	17 5:30am - Robert 5:30pm-Whitney	18 5:30am -Emily 9:30am-Tre 6:00pm - Robert	19 5:30am – Kesha (45 mins) 6:00pm - Robert	20 5:30am – Tre 9:30am – Kim H.	21 9:35am: Nick
22	23 5:30am -Emily 9:30am -Lois 6:00pm -Joshua	24 5:30am - Robert 5:30pm-Whitney	25 5:30am -Emily 9:30am-Tre 6:00pm - Robert	26 5:30am – Kesha (45 mins) 6:00pm - Robert	27 5:30am – Tre 9:30am – Kim H.	28 9:35am: Tre
29	30 5:30am -Emily 9:30am -Lois 6:00pm -Joshua	31 5:30am - Robert 5:30pm-Whitney				