

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE LONG RIDE 9am-11am ish Kevin	SOUND THE ALARM 530am-7am Nicole		MIDWEEK MUSCLE 530am-7am Connie		FREEDOM FRIDAYS 530am-7am Nicole	SWEET SATURDAY 9-1030am Nicole
		LUNCHTIME TUESDAY 12-1pm Nicole		NOONER THURSDAY 12-1pm		
	RIDE AND WHINE 630pm-8pm Connie	FAST FEET 6pm-730pm Nicole		THRESHOLD THURSDAY 530-7pm Andrew	DATE NIGHT WITH YOUR BIKE 6-730pm	
				TIME TRIAL 7-8pm Andrew		