

F E B R U A R Y

◀ Jan 2019		February 2019					Mar 2019 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
SPINNING®					1	2 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
3 All TERRAIN	4 Strength	5 ESI	6 Endurance	7 Interval	8 Instructor Choice	9 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
10 All TERRAIN	11 Instructor Choice	12 Strength	13 ESI	14 Endurance	15 Interval	16 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
17 All TERRAIN	18 Interval	19 Instructor Choice	20 Strength	21 ESI	22 Endurance	23 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
24 All TERRAIN	25 Endurance	26 Interval	27 Instructor Choice	28 Strength				