

May 2008 Spinning® Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:				1 6:30AM Terrie-Strength 12:15PM Melody-Strength 7:30PM Katie-Strength	2 4:30PM Katie-Interval	3
4 4:00PM Melody-Strength	5 5:30PM Melody-Interval	6 6:30AM Terrie-Interval 12:15PM Melody-Endurance 7:30PM- Melody-Endurance	7 5:30PM Katie-Interval	8 6:30AM Terrie-Choice 12:15PM Melody-Interval 7:30PM Katie-Strength	9 4:30PM Katie-Interval	10
11 4:00PM Melody-Choice	12 5:30PM Melody-Strength	13 6:30AM Terrie-Endurance 12:15PM Melody-Endurance 7:30PM- Melody-Interval	14 5:30PM Katie-Interval	15 6:30AM Terrie-Strength 12:15PM Melody-Strength 7:30PM Katie-Strength	16 4:30PM Katie-Interval	17 9:00-10:15 AM Melody-75 Minute Mixed
18 4:00PM Melody-Endurance	19 5:30PM Melody-Interval	20 6:30AM Terrie-Interval 12:15PM Melody-Interval 7:30PM Melody-Strength	21 5:30PM Katie-Interval	22 6:30AM Terrie-Choice 12:15PM Melody-Endurance 7:30PM Katie-Strength	23 4:30PM Katie-Interval	24
25 NO CLASS - Memorial Day Weekend	26 NO CLASS - Memorial Day	27 6:30AM Terrie-Endurance 12:15PM Melody-Interval 7:30PM- Melody-Endurance	28 5:30PM Katie-Interval	29 6:30AM Terrie-Strength 12:15PM Melody-Interval 7:30PM Katie-Strength	30 4:30PM Katie-Interval	Notes: