

# December 2018 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						8:00am Interval 9:00am Endurance
2	3	4	5	6		8
8:30am Interval	8:30am Endurance 9:30am EASY RIDER 5:30pm Interval	5am Strength 9:30am Endurance 5:30pm Strength	6am Endurance 10:00am Interval 5:30pm Interval	5am Interval 9:30am Strength 5:30pm Endurance	5:30am Endurance 9:30am Interval	8:00am Endurance 9:00am Interval
9	10	11	12	13	14	15
8:30am Strength	8:30am Interval 9:30am EASY RIDER 5:30pm Strength	5am Interval 9:30am Strength 5:30pm Endurance	6am Strength 10:00am Endurance 5:30pm Strength	5am Endurance 9:30am Interval 5:30pm Interval	5:30am Interval 9:30am Endurance	8:00am Strength 9:00am Strength
16	17	18	19	20	21	22
8:30am Endurance	8:30am Strength 9:30am EASY RIDER 5:30pm Endurance	5am Endurance 9:30am Interval 5:30pm Interval	6am Interval 10:00am Strength 5:30pm Endurance	5am Strength 9:30am Endurance 5:30pm Strength	5:30am Strength 9:30am Strength	8:00am Interval 9:00am Endurance
23/30	24/31	25	26	27	28	29
8:30am Interval  8:30am Strength	8:30am Endurance 9:30am EASY RIDER  8:30am Interval 9:30am EASY RIDER	MERRY CHRISTMAS	6am Endurance 10:00am Interval 5:30pm Interval	5am Interval 9:30am Strength 5:30pm Endurance	5:30am Endurance 9:30am Interval	8:00am Endurance 9:00am Interval