



January 2019 Calendar

Easy Rider: A Forever Fit class

Team Cycle Fusion: 30 min cycle/ 30 min strength

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:30am Strength 5:30pm Cycle Fusion	6:00am Strength 9:30am Endurance 5:30pm Strength	5:00am Endurance 9:30am Interval 5:30pm Interval	5:30am Interval 9:30am Endurance	8:00am Strength 9:00am Endurance
6	7	8	9	10	11	12
9:30am Endurance	8:30am Strength 9:30am EASY RIDER 5:30pm Interval	5am Endurance 9:30am Interval 5:30pm Cycle Fusion	6:00am Interval 10:00am Strength 5:30pm Endurance	5:00am Strength 9:30am Endurance 5:30pm Strength	5:30am Strength 9:30am Strength 5:30pm Cycle Fusion	8:00am Interval 9:00am Strength
13	14	15	16	17	18	19
9:30am Interval	8:30am Endurance 9:30am EASY RIDER 5:30pm Strength	5:00am Interval 9:30am Endurance 5:30pm Cycle Fusion	6:00am Endurance 9:30am Interval 5:30pm Interval	5:00am Interval 9:30am Strength 5:30pm Endurance	5:30am Endurance 9:30am Interval 5:30pm Cycle Fusion	8:00am Endurance 9:00am Interval
20	21	22	23	24	25	26
9:30am Strength	8:30am Interval 9:30am EASY RIDER 5:30pm Endurance	5:00am Strength 9:30am Strength 5:30pm Cycle Fusion	6:00am Strength 9:30am Endurance 5:30pm Strength	5:00am Endurance 9:30am Interval 5:30pm Interval	5:30am Interval 9:30am Endurance 5:30pm Cycle Fusion	8:00am Strength 9:00am Endurance
27	28	29	30	31		
9:30am Endurance	8:30am Strength 9:30am EASY RIDER 5:30pm Interval	5:00am Endurance 9:30am Interval 5:30pm Cycle Fusion	6:00am Interval 9:30am Strength 5:30pm Endurance	5:00am Strength 9:30am Endurance 5:30pm Strength		