



# February 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
					5:30am Strength 9:30am Strength 5:30pm Cycle Fusion	7:00am Interval
3	4	5	6	7	8	9
9:30am Interval	8:30am Endurance 9:30am EASY RIDER 5:30pm Strength	5:00am Interval 9:30am Endurance 5:30pm Cycle Fusion	5:45am Endurance 9:30am Interval 6:00pm Interval	5:00am Cycle Tabata 9:30am Strength 5:30pm Endurance	5:30am Endurance 9:30am Interval 5:30pm Cycle Fusion	8:00am Endurance 9:00am Strength
10	11	12	13	14	15	16
9:30am Strength	8:30am Strength 9:30am EASY RIDER 5:30pm Endurance	5:00am Strength 9:30am Strength 5:30pm Cycle Fusion	5:45am Strength 9:30am Endurance 6:00pm Strength	5:00am Cycle Tabata 9:30am Interval 5:30pm Interval	5:30am Interval 9:30am Endurance 5:30pm Cycle Fusion	8:00am Strength 9:00am Interval
17	18	19	20	21	22	23
9:30am Endurance	8:30am Interval 9:30am EASY RIDER 5:30pm Interval	5:00am Endurance 9:30am Interval 5:30pm Cycle Fusion	5:45am Interval 9:30am Strength 6:00pm Endurance	5:00am Cycle Tabata 9:30am Endurance 5:30pm Strength	5:30am Strength 9:30am Strength 5:30pm Cycle Fusion	8:00am Interval 9:00am Endurance
24	25	26	27	28		
9:30am Interval	8:30am Endurance 9:30am EASY RIDER 5:30pm Strength	5:00am Interval 9:30am Endurance 5:30pm Cycle Fusion	5:45am Endurance 9:30am Interval 6:00pm Interval	5:00am Cycle Tabata 9:30am Strength 5:30pm Endurance		