



March 2020 Calendar

Easy Rider: A gentle ride

Cycle Tabata: Tabata on the bike

FreeStyle: Anything goes!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:30am Strength	8:30am Endurance 9:30am EASY RIDER 5:30pm Strength	5:00am Endurance 9:30am Interval 5:30pm Endurance	5:45am Strength 9:30am Strength 5:30pm TABATA (S)	5:00am TABATA (I) 9:30am FREESTYLE 5:30pm Interval	5:30am Strength 9:30am Endurance	8:30am Interval
8	9	10	11	12	13	14
9:30am Endurance	8:30am Strength 9:30am EASY RIDER 5:30pm Endurance	5:00am Interval 9:30am Endurance 5:30pm Interval	5:45am Endurance 9:30am Interval 5:30pm TABATA (E)	5:00am TABATA (S) 9:30am FREESTYLE 5:30pm Strength	5:30am Endurance 9:30am Strength	8:30am Strength
15	16	17	18	19	20	21
9:30am Interval	8:30am Interval 9:30am EASY RIDER 5:30pm Interval	5:00am Strength 9:30am Strength 5:30pm Strength	5:45am Interval 9:30am Endurance 5:30pm TABATA (I)	5:00am TABATA (E) 9:30am FREESTYLE 5:30pm Endurance	5:30am Interval 9:30am Interval	8:30am Endurance
22	23	24	25	26	27	28
9:30am Strength	8:30am Endurance 9:30am EASY RIDER 5:30pm Strength	5:00am Endurance 9:30am Interval 5:30pm Endurance	5:45am Strength 9:30am Strength 5:30pm TABATA (S)	5:00am TABATA (I) 9:30am FREESTYLE 5:30pm Interval	5:30am Strength 9:30am Endurance	8:30am Interval
29	30	31				
9:30am Endurance	8:30am Strength 9:30am EASY RIDER 5:30pm Endurance	5:00am Interval 9:30am Endurance 5:30pm Interval				