

Group Cycling Schedule

Monday 2/21/2011	Tuesday 2/22/2011	Wednesday 2/23/2011	Thursday 2/24/2011	Friday 2/25/2011	Saturday 2/26/2011	Sunday 12:00:00 AM
HZ Intervals 6:00-7:00 AM Group Cycling, Mike R	HZ Endurance 6:00-7:00 AM Group Cycling, Marte L	Heart Zones 6:00-7:00 AM Group Cycling, Eileen M	HZ Power 6:00-7:00 AM Group Cycling, Lisa B	HZ All Terrain 6:00-7:00 AM Group Cycling, Eileen M	Heart Zones 9:00-10:00 AM Group Cycling, Eileen M	
Cadence 12:05-1:00 PM Group Cycling, Carrie S	HZ Intervals 12:05-1:00 PM Group Cycling, Eileen M	HZ Endurance 12:05-1:00 PM Group Cycling, Amy D	Cycle Lite 12:05-1:00 PM Group Cycling, Yvonne S	Heart Zones 12:05-1:00 PM Group Cycling, Carrie S		
HZ Intervals 5:30-6:30 PM Group Cycling, Diane A Kris F		Heart Zones 5:30-6:30 PM Group Cycling, Rebecca S				

Group Cycling Schedule

Monday 2/28/2011	Tuesday 3/1/2011	Wednesday 3/2/2011	Thursday 3/3/2011	Friday 3/4/2011	Saturday 3/5/2011	Sunday 12:00:00 AM
HZ Intervals 6:00-7:00 AM Group Cycling, Mike R	HZ Endurance 6:00-7:00 AM Group Cycling, Marte L	Heart Zones 6:00-7:00 AM Group Cycling, Eileen M	HZ Power 6:00-7:00 AM Group Cycling, Lisa B	HZ All Terrain 6:00-7:00 AM Group Cycling, Eileen M	Heart Zones 9:00-10:00 AM Group Cycling, Eileen M	
Cadence 12:05-1:00 PM Group Cycling, Carrie S	HZ Intervals 12:05-1:00 PM Group Cycling, Eileen M	HZ Endurance 12:05-1:00 PM Group Cycling, Amy D	Cycle Lite 12:05-1:00 PM Group Cycling, Yvonne S	Heart Zones 12:05-1:00 PM Group Cycling, Carrie S		
HZ Intervals 5:30-6:30 PM Group Cycling, Diane A Kris F		Heart Zones 5:30-6:30 PM Group Cycling, Rebecca S				