

JUNE

| ◀ May 2019 | | | | | | | 2019 | | | | | | | Jul 2019 ▶ | | | | | | |
|-----------------------------|--|--|--|----------------------------------|--|-----------------------------------|------|---|--|-----------------------------------|--|--|--|------------|--|--|--|--|--|--|
| Sun | | Mon | | Tue | | Wed | | Thu | | Fri | | Sat | | | | | | | | |
| | | | | | | | | | | | | 1 8:00AM EXTENDED RIDE 9:30AM INTERVAL | | | | | | | | |
| 2 A11 TERRAIN | | 3 Interval 5:30pm <i>Circuit Training</i> | | 4 Instructor Choice | | 5 Strength | | 6 ESI LESMILLS RPM 5:30pm | | 7 Endurance | | 8 8:00AM EXTENDED RIDE 9:30AM INTERVAL | | | | | | | | |
| 9 A11 TERRAIN | | 10 Endurance 5:30pm <i>Circuit Training</i> | | 11 Interval | | 12 Instructor Choice | | 13 Strength LESMILLS RPM 5:30pm | | 14 ESI | | 15 8:00AM EXTENDED RIDE 9:30AM INTERVAL | | | | | | | | |
| 16 A11 TERRAIN | | 17 ESI 5:30pm <i>Circuit Training</i> | | 18 Endurance | | 19 Interval | | 20 Instructor LESMILLS RPM 5:30pm | | 21 Strength | | 22 8:00AM EXTENDED RIDE 9:30AM INTERVAL | | | | | | | | |
| 23 A11 TERRAIN | | 24 Strength 5:30pm <i>Circuit Training</i> | | 25 ESI | | 26 Endurance | | 27 Interval LESMILLS RPM 5:30pm | | 28 Instructor Choice | | 29 8:00AM EXTENDED RIDE 9:30AM INTERVAL | | | | | | | | |
| 30 A11 TERRAIN | | | | | | | | | | | | | | | | | | | | |