



March

◀ Feb 2019		March 2019					Apr 2019 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1 ESI	2 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
3 All TERRAIN	4 ESI	5 	6 Interval	7 Instructor Choice LES MILLS RPM 5:30pm	8 Strength	9 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
10 All TERRAIN	11 Strength	12 ESI	13 Endurance	14 Interval LES MILLS RPM 5:30pm	15 Instructor Choice	16 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
17 	18 Instructor Choice	19 Strength	20 ESI	21 Endurance LES MILLS RPM 5:30pm	22 Interval	23 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
24 All TERRAIN	25 Interval	26 Instructor Choice	27 Strength	28 ESI LES MILLS RPM 5:30pm	29 Endurance	30 8:00AM EXTENDED RIDE 9:30AM INTERVAL		
31 All TERRAIN	<h1>SPINNING®</h1>							