

September



SUN MON TUE WED THU FRI SAT

1

2

INSTRUCTOR
CHOICE

3

STRENGTH

4

ESI

5

ENDURANCE
5:30pm
LES MILLS
RPM

6

INTERVAL

7

8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

8

A11
TERRAIN

9

INTERVAL
5:30pm
*Circuit
training*

10

INSTRUCTOR
CHOICE

11

STRENGTH

12

ESI
5:30pm
LES MILLS
RPM

13

ENDURANCE

14

8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

15

A11
TERRAIN

16

ENDURANCE
5:30pm
*Circuit
training*

17

INTERVAL

18

INSTRUCTOR
CHOICE

19

STRENGTH
5:30pm
LES MILLS
RPM

20

ESI

21

8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

22

A11
TERRAIN

23

ESI
5:30pm
*Circuit
training*

24

ENDURANCE

25

INTERVAL

26

INSTRUCTOR
CHOICE
5:30pm
LES MILLS
RPM

27

STRENGTH

28

8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

29

A11
TERRAIN

30

STRENGTH
5:30pm
*Circuit
training*