

JULY



SUN

MON

TUE

WED

THU

FRI

SAT



1
INSTRUCTOR
CHOICE
5:30pm
*Circuit
training*

2
STRENGTH

3
ESI

4
ENDURANCE
5:30pm
LES MILLS
RPM

5
INTERVAL

6
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

7
A11
TERRAIN

8
INTERVAL
5:30pm
*Circuit
training*

9
INSTRUCTOR
CHOICE

10
STRENGTH

11
ESI
5:30pm
LES MILLS
RPM

12
ENDURANCE

13
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

14
A11
TERRAIN

15
ENDURANCE
5:30pm
*Circuit
training*

16
INTERVAL

17
INSTRUCTOR
CHOICE

18
STRENGTH
5:30pm
LES MILLS
RPM

19
ESI

20
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

21
A11
TERRAIN

22
ESI
5:30pm
*Circuit
training*

23
ENDURANCE

24
INTERVAL

25
INSTRUCTOR
CHOICE
5:30pm
LES MILLS
RPM

26
STRENGTH

27
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

28
A11
TERRAIN

29
STRENGTH
5:30pm
*Circuit
training*

30
ESI

31
ENDURANCE

