

OCTOBER



SUN MON TUE WED THU FRI SAT

		1 STRENGTH	2 ESI	3 ENDURANCE 5:30pm LES MILLS RPM	4 INTERVAL	5 8:00AM EXTENDED RIDE 9:30AM INTERVAL
6 A11 TERRAIN	7 INTERVAL 5:30pm <i>Circuit Training</i>	8 INSTRUCTOR CHOICE	9 STRENGTH	10 ESI 5:30pm LES MILLS RPM	11 ENDURANCE	12 8:00AM EXTENDED RIDE 9:30AM INTERVAL
13 A11 TERRAIN	14 ENDURANCE 5:30pm <i>Circuit Training</i>	15 INTERVAL	16 INSTRUCTOR CHOICE	17 STRENGTH 5:30pm LES MILLS RPM	18 ESI	19 8:00AM EXTENDED RIDE 9:30AM INTERVAL
20 A11 TERRAIN	21 ESI 5:30pm <i>Circuit Training</i>	22 ENDURANCE	23 INTERVAL	24 INSTRUCTOR CHOICE 5:30pm LES MILLS RPM	25 STRENGTH	26 8:00AM EXTENDED RIDE 9:30AM INTERVAL
27 A11 TERRAIN	28 STRENGTH 5:30pm <i>Circuit Training</i>	29 ESI	30 ENDURANCE	31 INTERVAL 5:30pm LES MILLS RPM		

