

January



SUN MON TUE WED THU FRI SAT



1

2

3

4

5
ENDURANCE
5:30pm
LES MILLS
RPM

6
INTERVAL

7
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

8
5
All
TERRAIN

9
6
INTERVAL
5:30pm
Circuit
Training

10
7
INSTRUCTOR
CHOICE

11
8
STRENGTH

12
9
ESI
5:30pm
LES MILLS
RPM

13
10
ENDURANCE

14
11
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

15
12
All
TERRAIN

16
13
ENDURANCE
5:30pm
Circuit
Training

17
14
INTERVAL

18
15
INSTRUCTOR
CHOICE

19
16
STRENGTH
5:30pm
LES MILLS
RPM

20
17
ESI

21
18
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

22
19
All
TERRAIN

23
20
ESI
5:30pm
Circuit
Training

24
21
ENDURANCE

25
22
INTERVAL

26
23
INSTRUCTOR
CHOICE
5:30pm
LES MILLS
RPM

27
24
STRENGTH

28
25
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

29
26
All
TERRAIN

30
27
STRENGTH
5:30pm
Circuit
Training

31
28
ESI

32
29
ENDURANCE

33
30
INTERVAL
5:30pm
LES MILLS
RPM

34
31
INSTRUCTOR
CHOICE

35
8:00AM
EXTENDED RIDE
9:30AM
INTERVAL

36

37