

February



SUN MON TUE WED THU FRI SAT

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