


March 2020 SPIN



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ALL TERRAIN	2 INSTRUCTOR CHOICE	3 STRENGTH 5:30PM CIRCUIT TRAINING	4 ESI	5 ENDURANCE 5:30PM LES MILLS RPM	6 INTERVAL	7 8:00AM EXTENDED RIDE 9:30AM INTERVAL
8 ALL TERRAIN	9 INTERVAL	10 INSTRUCTOR CHOICE 5:30PM CIRCUIT TRAINING	11 STRENGTH	12 ESI 5:30PM LES MILLS RPM	13 ENDURANCE	14 8:00AM EXTENDED RIDE 9:30AM INTERVAL
15 ALL TERRAIN	16 ENDURANCE	17  INTERVAL 5:30PM CIRCUIT TRAINING	18 INSTRUCTOR CHOICE	19 STRENGTH 5:30PM LES MILLS RPM	20 ESI	21 8:00AM EXTENDED RIDE 9:30AM INTERVAL
22 ALL TERRAIN	23 ESI	24 ENDURANCE 5:30PM CIRCUIT TRAINING	25 INTERVAL	26 INSTRUCTOR CHOICE 5:30PM LES MILLS RPM	27 STRENGTH	28 8:00AM EXTENDED RIDE 9:30AM INTERVAL
29 ALL TERRAIN	30 STRENGTH	31 ESI 5:30PM CIRCUIT TRAINING	1 ENDURANCE	2 INTERVAL 5:30PM LES MILLS RPM	3 INSTRUCTOR CHOICE	4 8:00AM EXTENDED RIDE 9:30AM INTERVAL
5 ALL TERRAIN	6 INSTRUCTOR CHOICE	Notes				

