

August



SUN	MON	TUE	WED	THU	FRI	SAT
				1 ENDURANCE 5:30pm LES MILLS RPM	2 INTERVAL	3 8:00AM EXTENDED RIDE 9:30AM INTERVAL
4 All TERRAIN	5 INTERVAL 5:30pm Circuit training	6 INSTRUCTOR CHOICE	7 STRENGTH	8 ESI 5:30pm LES MILLS RPM	9 ENDURANCE	10 8:00AM EXTENDED RIDE 9:30AM INTERVAL
11 All TERRAIN	12 ENDURANCE 5:30pm Circuit training	13 INTERVAL	14 INSTRUCTOR CHOICE	15 STRENGTH 5:30pm LES MILLS RPM	16 ESI	17 8:00AM EXTENDED RIDE 9:30AM INTERVAL
18 All TERRAIN	19 ESI 5:30pm Circuit training	20 ENDURANCE	21 INTERVAL	22 INSTRUCTOR CHOICE 5:30pm LES MILLS RPM	23 STRENGTH	24 8:00AM EXTENDED RIDE 9:30AM INTERVAL
25 All TERRAIN	26 STRENGTH 5:30pm Circuit training	27 ESI	28 ENDURANCE	29 INTERVAL	30 INSTRUCTOR CHOICE	31 8:00AM EXTENDED RIDE 9:30AM INTERVAL