

# June 2018

# NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3 10 AM - 11 AM Intervals Christa	4 6:00 - 7:00 PM Hip Hop Strength Ride Tracie	5 6:30 AM - 7:30 AM HIIT SPIN Hip Hop/Jess 6:00 PM - 7:00 PM Hip Hop ESI Ride Tracie	6	7 6:30 - 7:30 AM Strength and Tone Bootylicious Spin/ Jess 6:00 PM - 7:00 PM Spin Brian	8	9 9 AM - 10 AM Rider's Choice Music Brian
10 10 AM - 11 AM Intervals Christa	11 6:00 - 7:00 PM Hip Hop Strength Ride Tracie	12 6:30 AM - 7:30 AM Spin Your Brass Endurance/ Jess 6:00 PM - 7:00 PM Hip Hop ESI Ride Tracie	13	14 6:30 AM - 7:30 AM HIIT SPIN The Classics/ Jess 6:00 PM - 7:00 PM Spin Brian	15	16 9 AM - 10 AM Rider's Choice Music Brian
17 10 AM - 11 AM Intervals Christa	18 6:00 - 7:00 PM Hip Hop Strength Ride Tracie	19 6:30 AM - 7:30 AM HIIT SPIN Bounce and Twerk/ Jess 6:00 PM - 7:00 PM Hip Hop ESI Ride Tracie	20	21 6:30 AM - 7:30 AM Strength and Tone Techno/Jess 6:00 PM - 7:00 PM Brian's Bday Ride!! Brian	22	23 9 AM - 10 AM Rider's Choice Music Brian
24 10 AM - 11 AM Intervals Christa	25 6:00 - 7:00 PM Hip Hop Strength Ride Tracie	26 6:30 AM - 7:30 AM RACE DAY Music Variety/ Jess 6:00 PM - 7:00 PM Hip Hop ESI Ride Tracie	27	28 6:30 AM - 7:30 AM HIIT SPIN Pop Divas/Jess 6:00 PM - 7:00 PM Spin Brian	29	30 9 AM - 10 AM Rider's Choice Music Brian
1	2	Notes  <a href="mailto:NolaSpinningDiva@gmail.com">Track/Ride suggestions? Send to NolaSpinningDiva@gmail.com</a>  Send Rider's Choice Suggestions to <a href="mailto:bjax91@gmail.com">bjax91@gmail.com</a>				