

July 2018

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 AM - 11 AM Endurance Christa	2 6:00 - 7:00 PM All About RhiRhi Ride Tracie	3 6:30 AM - 7:30 AM Spinning in America (HIIT) Jess 6:00 PM - 7:00 PM Endurance Tracie	4	5 6:30 - 7:30 AM Ms. Independent (Strength) Jess 6:00 PM - 7:00 PM TBD	6	7 9 AM - 10 AM Gumbo Mix (HIIT) Jess
8 10 AM - 11 AM Endurance Christa	9 6:00 - 7:00 PM HipHop Monday Tracie	10 6:30 AM - 7:30 AM Freedom (Race Day) Jess 6:00 PM - 7:00 PM Strength Tracie	11	12 6:30 - 7:30 AM Love & Liberty (Strength) Jess 6:00 PM - 7:00 PM TBD	13	14 9 AM - 10 AM Tracie
15 10 AM - 11 AM Endurance Christa	16 6:00 - 7:00 PM One hit Wonders Ride Tracie	17 6:30 AM - 7:30 AM Melting Pot (HIIT) Jess 6:00 PM - 7:00 PM Interval Tracie	18	19 6:30 - 7:30 AM Spinning Revolution (Endurance) Jess 6:00 PM - 7:00 PM TBD	20	21 9 AM - 10 AM Gumbo Mix (HIIT) Jess
22 10 AM - 11 AM Endurance Christa	23 6:00 - 7:00 PM Bad Girls of HipHop Ride Tracie	24 6:30 AM - 7:30 AM Diva Battles (HIIT) Jess 6:00 PM - 7:00 PM HIIT Tracie	25	26 6:30 - 7:30 AM Glory Days (Strength) Jess 6:00 PM - 7:00 PM TBD	27	28 9 AM - 10 AM Tracie
29 10 AM - 11 AM Endurance Christa	30 6:00 - 7:00 PM Pop Divas Ride Tracie	31 6:30 AM - 7:30 AM Summer Anthems (HIIT) Jess 6:00 PM - 7:00 PM Strength Tracie	1	2	3	4
5	6	Member's Choice Music - You can request songs for spin class by emailing jneil@neworleansathleticclub.com				