

August 2018

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 6:30 AM - 7:30 AM Rap Rock - Strength Jessica 6:00 PM - 7:00 PM HIIT - LA Born & Bred Jenn	3	4 9 AM - 10 AM HIIT - The Classics Jessica
5 10 AM - 11 AM Intervals Christa	6 6:00 - 7:00 PM Tracie	7 6:30 AM - 7:30 AM HIIT - Techno Jessica 6:00 PM - 7:00 PM Tracie	8	9 6:30 AM - 7:30 AM Hip Hop - Endurance Jessica 6:00 PM - 7:00 PM Endurance - Throwback Thursday Jenn	10	11 9 AM - 10 AM Tracie
12 10 AM - 11 AM Intervals Christa	13 6:00 - 7:00 PM Tracie	14 6:30 AM - 7:30 AM Race Day - Top 40 Pop Jessica 6:00 PM - 7:00 PM Tracie	15	16 6:30 AM - 7:30 AM Dancehall - HIIT Jessica 6:00 PM - 7:00 PM Strength - Girl Power Jenn	17	18 9 AM - 10 AM Strength - The 90s Jessica
19 10 AM - 11 AM Intervals Christa	20 6:00 - 7:00 PM Tracie	21 6:30 AM - 7:30 AM Strength - Boy Bands Jessica 6:00 PM - 7:00 PM Tracie	22	23 6:30 AM - 7:30 AM Girl Groups - HIIT Jessica 6:00 PM - 7:00 PM HIIT - 90s Jenn	24	25 9 AM - 10 AM Tracie
26 10 AM - 11 AM Intervals Erin (sub)	27 6:00 - 7:00 PM Tracie	28 6:30 AM - 7:30 AM HIIT - Queen Bey Jessica 6:00 PM - 7:00 PM Tracie	29	30 6:30 AM - 7:30 AM Dirty South - HIIT Jessica 6:00 PM - 7:00 PM Endurance - Around the World Jenn	31	1
2	3	Notes Please send your favorite spin music requests to jneil@neworleansathleticclub.com				