

September 2018

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 9 AM - 10 AM Beatriz
2 10 AM - 11 AM End of Summer Spin Christa	3	4 6:30 AM - 7:30 AM Justin vs Justin - Strength Jessica 6:00 PM - 7:00 PM All About RhiRhi Tracie	5 6:00 - 7:00 PM Endurance Tracie	6 6:30 AM - 7:30 AM Jumpin Jumpin - Intervals Jessica 6:00 PM - 7:00 PM Hills and Thrills Jenn	7	8 9 AM - 10 AM Beatriz
9 10 AM - 11 AM High Energy - Top 40 Christa	10	11 6:30 AM - 7:30 AM Gumbo Mix - Intervals Jessica 6:00 PM - 7:00 PM Hip Hop Tuesday Tracie	12 6:00 - 7:00 PM Strength Tracie	13 6:30 AM - 7:30 AM Dancehall - Endurance Jessica 6:00 PM - 7:00 PM Endurance Jenn	14	15 9 AM - 10 AM Beatriz
16 10 AM - 11 AM High Energy - Top 40 Christa	17	18 6:30 AM - 7:30 AM Latin Pop - Race Day Jessica 6:00 PM - 7:00 PM One Hit Wonders Ride Tracie	19 6:00 - 7:00 PM Interval Tracie	20 6:30 AM - 7:30 AM Ciara/Missy Intervals Jessica 6:00 PM - 7:00 PM Dance Party Jenn	21	22 9 AM - 10 AM Beatriz
23 10 AM - 11 AM High Energy - Top 40 Christa	24	25 6:30 AM - 7:30 AM Let's WORK - Interval Jessica 6:00 PM - 7:00 PM Bad Girls of Hip Hop Ride Tracie	26 6:00 - 7:00 PM HIIT Tracie	27 6:30 AM - 7:30 AM The Climb - Strength Jessica 6:00 PM - 7:00 PM TBT HIIT Jenn	28	29 9 AM - 10 AM Mary - Sub
30 10 AM - 11 AM Intervals Christa	1	Notes Please send your favorite spin music requests to jneil@neworleansathleticclub.com				