

October 2018

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2 6:30 AM - 7:30 AM Stregth: Nicki Manaj vs Cardi B Jessica 6:00 PM - 7:00 PM MJ (sub)	3 6:00 - 7:00 PM Mary	4 6:30 AM - 7:30 AM Intervals: It's Brittany B Jessica 6:00 PM - 7:00 PM Jenn	5	6 9 AM - 10 AM RIDE THE RHYTHM Beatriz
7 10 AM - 11 AM OUTDOORS - bring sunscreen Christa	8	9 6:30 AM - 7:30 AM Endurance: Bruno vs. Gap Band Jessica 6:00 PM - 7:00 PM Beatriz	10 6:00 - 7:00 PM Mary	11 6:30 AM - 7:30 AM Strength: Motown Jessica 6:00 PM - 7:00 PM Jenn	12	13 9 AM - 10 AM RIDE THE RHYTHM Beatriz
14 10 AM - 11 AM Jenn	15	16 6:30 AM - 7:30 AM Intervals: Bad Boy Family Jessica 6:00 PM - 7:00 PM Beatriz	17 6:00 - 7:00 PM Mary	18 6:30 AM - 7:30 AM Intervals: So So Def Jessica 6:00 PM - 7:00 PM Jenn	19	20 9 AM - 10 AM RIDE THE RHYTHM Beatriz
21 10 AM - 11 AM OUTDOORS - bring sunscreen Christa	22	23 6:30 AM - 7:30 AM Strength: California Love Jessica 6:00 PM - 7:00 PM Beatriz	24 6:00 - 7:00 PM Mary	25 6:30 AM - 7:30 AM Race Day: CiCi vs RiRi Jessica 6:00 PM - 7:00 PM Jenn	26	27 9 AM - 10 AM RIDE THE RHYTHM Beatriz
28 10 AM - 11 AM OUTDOORS - bring sunscreen Christa	29	30 6:30 AM - 7:30 AM Trick or Treat Jessica 6:00 PM - 7:00 PM Beatriz	31 6:00 - 7:00 PM Mary	1	2	3
4	5	Notes				