

November 2018

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 6:30 AM - 7:30 AM Jessica 6:00 PM - 7:00 PM Dance Party Jenn	2	3 9 AM - 10 AM Rise & Shine.... And Spin Beatriz
4 10 AM - 11 AM OUTSIDE -weather permitting Christa	5	6 6:30 AM - 7:30 AM Maroon 5 Jessica 6:00 PM - 7:00 PM Increase your Resistance! Beatriz	7 6:00 - 7:00 PM Over the Hump Day Focus on Hills & Resistance Mary	8 6:30 AM - 7:30 AM Hip Hop Soul Jessica 6:00 PM - 7:00 PM On the 8's Jenn	9	10 9 AM - 10 AM Rise & Shine.... And Spin Beatriz
11 10 AM - 11 AM OUTSIDE -weather permitting Christa	12	13 6:30 AM - 7:30 AM Trap Music Jessica 6:00 PM - 7:00 PM Increase your Resistance! Beatriz	14 6:00 - 7:00 PM Over the Hump Day Focus on Hills & Resistance Mary	15 6:30 AM - 7:30 AM Gogo Jessica 6:00 PM - 7:00 PM Hills and Thrills Jenn	16	17 9 AM - 10 AM Rise & Shine.... And Spin Beatriz
18 10 AM - 11 AM OUTSIDE -weather permitting Christa	19	20 6:30 AM - 7:30 AM DJ Snake Mixes Jessica 6:00 PM - 7:00 PM Increase your Resistance! Beatriz	21 6:00 - 7:00 PM Beatriz sub	22 NO CLASS HAPPY THANKSGIVING!	23	24 9 AM - 10 AM Rise & Shine.... And Spin Beatriz
25 10 AM - 11 AM Tracie sub	26	27 6:30 AM - 7:30 AM Diva Mix Jessica 6:00 PM - 7:00 PM Increase your Resistance! Beatriz	28 6:00 - 7:00 PM Over the Hump Day Focus on Hills & Resistance Mary	29 6:00 PM - 7:00 PM Beatriz - sub 6:00 PM - 7:00 PM RACE DAY Jenn	30	1
2	3	Notes				