

# December 2018

## NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 9 AM - 10 AM Rise & Shine.... And Spin Beatriz
2 10 AM - 11 AM Intervals Christa	3	4 6:30 AM - 7:30 AM Beatriz - sub 6:00 PM - 7:00 PM Tuesday Pump Up Jenn - sub	5 6:00 - 7:00 PM Mary	6 6:30 AM - 7:30 AM Nasty Girl Spin Jessica 6:00 PM - 7:00 PM Beatriz - sub	7	8 9 AM - 10 AM Rise & Shine.... And Spin Beatriz
9 10 AM - 11 AM Outside - weather permitting Christa	10	11 6:30 AM - 7:30 AM Funkadelic Spinning Jessica 6:00 PM - 7:00 PM Increase your Resistance! Beatriz	12 6:00 - 7:00 PM Mary	13 6:30 AM - 7:30 AM Let's Ride Jessica 6:00 PM - 7:00 PM Christa sub	14	15 9 AM - 10 AM Mary - sub
16 10 AM - 11 AM Outside - weather permitting Christa	17	18 6:30 AM - 7:30 AM Eve & Gwen Jessica 6:00 - 7:00 PM Mary - sub	19 6:00 - 7:00 PM Mary	20 6:30 AM - 7:30 AM Foxy & Lil Kim Jessica 6:00 PM - 7:00 PM Holly Jolly Christmas Jenn	21	22 9:00 AM - 10 AM Holiday Spin Jessica - sub
23 10 AM - 11 AM Spin/Abs (45/15) Christa	24	25 NO CLASS CHRISTMAS DAY	26 6:00 - 7:00 PM Mary	27 6:30 AM - 7:30 AM New Start Jessica 6:00 PM - 7:00 PM Best of 2018 Jenn	28	29 9:00 AM - 10 AM New You Jessica - sub
30 10 AM - 11 AM Top 15 of 2018 Christa	31	Notes				