

February 2019

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3 10 AM - 11 AM Mardi Gras Intervals Christa	4	5 6:30 AM - 7:30 AM Last Call HIIT Jessica 6:00 PM - 7:00 PM Beatriz	6 6:00 - 7:00 PM Feeling it in Feb! Mary	7 6:30 AM - 7:30 AM Be Confident Strength Jessica 6:00 PM - 7:00 PM Beatriz Sub	8	9 9 AM - 10 AM Mary Sub
10 10 AM - 11 AM Jessica Sub	11	12 6:30 AM - 7:30 AM Winnings Sprints Jessica 6:00 PM - 7:00 PM Jenn Sub	13 6:00 - 7:00 PM Feeling it in Feb! Mary	14 6:30 AM - 7:30 AM Love & Spin Endurance Jessica 6:00 PM - 7:00 PM Love on the Rocks/Hills Jenn	15	16 9 AM - 10 AM Jessica Sub
17 10 AM - 11 AM Jessica Sub	18	19 6:30 AM - 7:30 AM Joy & Pain Core/Jumps Jessica 6:00 PM - 7:00 PM Jenn Sub	20 6:00 - 7:00 PM Feeling it in Feb! Mary	21 6:30 AM - 7:30 AM American Idols HIIT Jessica 6:00 PM - 7:00 PM Girl Power Strength Ride Jenn	22	23 9 AM - 10 AM Beatriz
24 10 AM - 11 AM Mardi Gras Intervals Christa **11 AM - Noon **Beginner Spin **Christa	25	26 6:30 AM - 7:30 AM The Carters Strength Jessica 6:00 PM - 7:00 PM Beatriz	27 6:00 - 7:00 PM Feeling it in Feb! Mary	28 6:30 AM - 7:30 AM Rock -n- Roll Rolling Hills Jessica 6:00 PM - 7:00 PM Beatriz Sub	1	2 9 AM - 10 AM Beatriz
3	4	Notes Feel free to wear Mardi Gras inspired workout gear :) **Set up, transitions, positions, safety				