

March 2019

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
3 10 AM - 11 AM Outdoors - Weather Permitting Christa	4	5 Mardi Gras No Class	6 6:00 - 7:00 PM Christa Sub	7 6:30 AM - 7:30 AM Let it go (strength) Jessica 6:00 PM - 7:00 PM Mardi Gras Recovery Ride Jenn	8	9 9 AM - 10 AM Burn Some Calories Beatriz
10 10 AM - 11 AM Outdoors - Weather Permitting Christa	11	12 6:30 AM - 7:30 AM Money Moves (intervals) Jessica 6:00 PM - 7:00 PM Just Keep Pedaling Beatriz	13 6:00 - 7:00 PM March Madness Mary	14 6:30 AM - 7:30 AM What's My Name (endurance) Jessica 6:00 PM - 7:00 PM Beatriz Sub	15	16 9 AM - 10 AM Burn Some Calories Beatriz
17 10 AM - 11 AM Beatriz Sub	18	19 6:30 AM - 7:30 AM The Rain (intervals) Jessica 6:00 PM - 7:00 PM Just Keep Pedaling Beatriz	20 6:00 - 7:00 PM March Madness Mary	21 6:30 AM - 7:30 AM Beatriz Sub 6:00 PM - 7:00 PM Showtunes Ride Jenn	22	23 9 AM - 10 AM Burn Some Calories Beatriz
24 10 AM - 11 AM Outdoors - Weather Permitting Christa	25	26 6:30 AM - 7:30 AM Beatriz Sub 6:00 PM - 7:00 PM Just Keep Pedaling Beatriz	27 6:00 - 7:00 PM March Madness Mary	28 6:30 AM - 7:30 AM HIIT Me Baby One More Time Jessica 6:00 PM - 7:00 PM TBT Jenn	29	30 9 AM - 10 AM Burn Some Calories Beatriz
31 10 AM - 11 AM Christa	1	Notes				