

April 2019

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 6:30 AM - 7:30 AM Smart Fools Intervals Jessica 6:00 PM - 7:00 PM Wheels on Fire - All Levels Welcome Beatriz	3 6:00 - 7:00 PM Mary	4 6:30 AM - 7:30 AM Trap and Crunk Intervals Jessica 6:00 PM - 7:00 PM TBT Jenn	5	6 9 AM - 10 AM Wheels on Fire - All Levels Welcome Beatriz
7 10 AM - 11 AM Jazz Fest Favorites Outside Weather Permitting Christa	8	9 6:30 AM - 7:30 AM Selena/JLo Intervals Jessica 6:00 PM - 7:00 PM Wheels on Fire - All Levels Welcome Beatriz	10 6:00 - 7:00 PM Mary	11 6:30 AM - 7:30 AM Sweet Life Hills Jessica 6:00 PM - 7:00 PM Macklemore and Friends Jenn	12	13 9 AM - 10 AM Techno Sprints Sub - Jessica
14 10 AM - 11 AM Jazz Fest Favorites Outside Weather Permitting Christa	15	16 6:30 AM - 7:30 AM Jump Jump Jessica 6:00 PM - 7:00 PM Pump Up Ride Sub - Jenn	17 6:00 - 7:00 PM Mary	18 6:30 AM - 7:30 AM Rolling Hills Jessica 6:00 PM - 7:00 PM Beyonce and Baes Jenn	19	20 9 AM - 10 AM Rise and Shine Intervals Sub - Jessica
21 10 AM - 11 AM Jazz Fest Favorites Outside Weather Permitting Christa	22	23 6:30 AM - 7:30 AM Jazz Fest Intervals Jessica 6:00 PM - 7:00 PM Sub - Christa	24 6:00 - 7:00 PM Mary	25 6:30 AM - 7:30 AM Jazz Fest Intervals Jessica 6:00 PM - 7:00 PM JazzFest Pump Up Jenn	26	27 9 AM - 10 AM Jazz Fest Intervals Sub - Jessica
28 10 AM - 11 AM Jazz Fest Favorites Outside Weather Permitting Christa	29	30 6:30 AM - 7:30 AM Jazz Fest Intervals Jessica 6:00 PM - 7:00 PM 50 Years of Jazz Fest Ride Sub - Jenn	1	2	3	4
5	6	Notes				