

May 2019

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 6:00 - 7:00 PM Social Ride Mary	2 6:30 AM - 7:30 AM Dirty South Jessica 6:00 PM - 7:00 PM Sub - Mary	3	4 9 AM - 10 AM Sub - Jessica
5 10 AM - 11 AM Intervals Christa	6	7 6:30 AM - 7:30 AM Nasty Girls Jessica 6:00 PM - 7:00 PM Beatriz	8 6:00 - 7:00 PM Spring Sprints Mary	9 6:30 AM - 7:30 AM Bad Boys Jessica 6:00 PM - 7:00 PM Sub - Beatriz	10	11 9 AM - 10 AM Beatriz
12 10 AM - 11 AM Intervals Christa	13	14 6:30 AM - 7:30 AM Fergie/Black Eyed Peas Jessica 6:00 PM - 7:00 PM Beatriz	15 6:00 - 7:00 PM Spring Sprints Mary	16 6:30 AM - 7:30 AM Hammer Time Jessica 6:00 PM - 7:00 PM TBT Jenn	17	18 9 AM - 10 AM Beatriz
19 10 AM - 11 AM Intervals Christa	20	21 6:30 AM - 7:30 AM It's Rick James Jessica 6:00 PM - 7:00 PM Beatriz	22 6:00 - 7:00 PM Spring Sprints Mary	23 6:30 AM - 7:30 AM Blue Eyed Soul Jessica 6:00 PM - 7:00 PM Pop Ride Jenn	24	25 9 AM - 10 AM Beatriz
26 10 AM - 11 AM Intervals Christa	27	28 6:30 AM - 7:30 AM Hot in Here Jessica 6:00 PM - 7:00 PM Beatriz	29 6:00 - 7:00 PM Spring Sprints Mary	30 6:30 AM - 7:30 AM Spinners' Request Songs Jessica 6:00 PM - 7:00 PM Summer Dance Party Jenn	31	1 9 AM - 10 AM Beatriz
2	3	Notes				