

August 2019

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 6:30 AM - 7:30 AM La Vida Loca (crazy intervals) Jessica 6:00 PM - 7:00 PM Pop Intervals Jenn	2	3 9 AM - 10 AM Funky Spin (Intervals) Jessica
4 10 AM - 11 AM MJ	5	6 6:30 AM - 7:30 AM Break Free (sprints) Jessica 6:00 PM - 7:00 PM MJ	7 6:00 - 7:00 PM Easy Rider Mary	8 6:30 AM - 7:30 AM Good Vibes (Strength) Jessica 6:00 PM - 7:00 PM Swift vs Lady Gaga Jenn	9	10 9 AM - 10 AM Soul Spin (endurance) Jessica Spin Bike Calorie Challenge*
11 10 AM - 11 AM MJ	12	13 6:30 AM - 7:30 AM Party Time Intervals (endurance) Jessica 6:00 PM - 7:00 PM MJ	14 6:00 - 7:00 PM Summertime Sprint to the Finish Line Mary	15 6:30 AM - 7:30 AM Get Up (Jumps Galore) Jessica 6:00 PM - 7:00 PM TBT Jenn	16	17 9 AM - 10 AM Summer Spinning (intervals) Jessica
18 10 AM - 11 AM MJ	19	20 6:30 AM - 7:30 AM Diva (Endurance) Jessica 6:00 PM - 7:00 PM MJ	21 6:00 - 7:00 PM Jenn	22 6:30 AM - 7:30 AM Fast & Furious (sprints) Jessica 6:00 PM - 7:00 PM Ain't no Party like a NOLA party Jenn	23	24 9 AM - 10 AM British Invasion (Stregnth) Jessica
25 10 AM - 11 AM MJ	26	27 6:30 AM - 7:30 AM The Rain (Endurance) Jessica 6:00 PM - 7:00 PM MJ	28 6:00 - 7:00 PM Summertime Sprint to the Finish Line Mary	29 6:30 AM - 7:30 AM Pose (Strength) Jessica 6:00 PM - 7:00 PM Sub??	30	31 9 AM - 10 AM Pose II (Strength) Jessica
1	2	Notes *Spin Bike Calorie Challenge - Starts August 10. How many calories can you burn? Train in the spin classes for a month and come back on September 14 to see how much you improved. First Place Male and Female - 1 Month off of Membership (month of November) Second Place Male and Female - NOAC Drawstring Bag				