

September 2019

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 AM - 11 AM Sunday Funday MJ	2	3 6:30 AM - 7:30 AM Just Start (Intervals) Jessica 6:00 PM - 7:00 PM Power Hour MJ	4 6:00 - 7:00 PM Endurance Base Ride Mary	5 6:30 AM - 7:30 AM Ratchet Spinning (Intervals) Jessica 6:00 PM - 7:00 PM Pop Ride Jenn	6	7 9 AM - 10 AM Work It (Intervals) Jessica
8 10 AM - 11 AM Ride & Shine MJ	9	10 6:30 AM - 7:30 AM Bootylicious (Intervals) Jessica 6:00 PM - 7:00 PM Sub - Jenn	11 6:00 - 7:00 PM Carribean Cruise Mary	12 6:30 AM - 7:30 AM Royal Ride (Intervals) Jessica 6:00 PM - 7:00 PM Intervals Jenn	13	14 9 AM - 10 AM Winning (Intervals) Jessica
15 10 AM - 11 AM Sub - Mary	16	17 6:30 AM - 7:30 AM Roll With It (Rolling Hills) Jessica 6:00 PM - 7:00 PM Endurance MJ	18 6:00 - 7:00 PM Songs of the 70s Mary	19 6:30 AM - 7:30 AM Money Ride (Strength) Jessica 6:00 PM - 7:00 PM Hills and Thrills Jenn	20	21 9 AM - 10 AM Boy Bands (Intervals) Jessica
22 10 AM - 11 AM Rock & Ride MJ	23	24 6:30 AM - 7:30 AM Sub - Mary 6:00 PM - 7:00 PM Burn & Earn MJ	25 6:00 - 7:00 PM September Sprints Mary	26 6:30 AM - 7:30 AM The Beat Jessica 6:00 PM - 7:00 PM TBT Jenn	27	28 9 AM - 10 AM Girl Bands (Intervals) Jessica
29 10 AM - 11 AM Sunday Funday MJ	30	1	2	3	4	5
6	7	Notes				