

February 2020

NOAC SPIN CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|--------|--|---|--|--------|--|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 9 AM - 10 AM Roll with Me Jessica |
| 2 10 AM - 11 AM MJ | 3 | 4 6:30 AM - 7:30 AM Latina Love Jessica 6:00 PM - 7:00 PM MJ | 5 6:00 - 7:00 PM Spin + Arms Mary | 6 6:30 AM - 7:30 AM Let's Hear it 4 the Boys Jessica 6:00 PM - 7:00 PM Dance Party Jenn | 7 | 8 9 AM - 10 AM Call Me Jessica |
| 9 10 AM - 11 AM MJ | 10 | 11 6:30 AM - 7:30 AM Body Work Jessica 6:00 PM - 7:00 PM MJ | 12 6:00 - 7:00 PM Spin + Arms Mary | 13 6:30 AM - 7:30 AM NOLA Everything Jessica 6:00 PM - 7:00 PM TBT Jenn | 14 | 15 9 AM - 10 AM Love Ride Jessica |
| 16 10 AM - 11 AM MJ | 17 | 18 6:30 AM - 7:30 AM Drink and My 2 Step Jessica 6:00 PM - 7:00 PM MJ | 19 6:00 - 7:00 PM Spin + Arms Mary | 20 6:30 AM - 7:30 AM Where My Girls At Jessica 6:00 PM - 7:00 PM Mardi Gras Ride | 21 | 22 9 AM - 10 AM Party Time Jessica |
| 23 10 AM - 11 AM MJ | 24 | 25 MARDI GRAS DAY CLUB CLOSED | 26 6:00 - 7:00 PM Spin + Arms Mary | 27 6:30 AM - 7:30 AM Money Moves Jessica 6:00 PM - 7:00 PM Mardi Grad Recovery Ride Jenn | 28 | 29 9 AM - 10 AM Give it up Jessica |
| 1 | 2 | Notes Feel free to wear Mardi Gras inspired workout gear :) | | | | |