

October 2019

NOAC SPIN CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 6:30 AM - 7:30 AM Destiny' Child (Strength) Jessica 6:00 PM - 7:00 PM Rock and Ride MJ	2 6:00 - 7:00 PM Mary	3 6:30 AM - 7:30 AM Ms. Jackson (endurance) Jessica 6:00 PM - 7:00 PM Mary	4	5 9 AM - 10 AM Studio 54 (Intervals) Jessica
6 10 AM - 11 AM Sunday Funday MJ	7	8 6:30 AM - 7:30 AM Florida Hip Hop (Intervals) Jessica 6:00 PM - 7:00 PM Power Hour MJ	9 6:00 - 7:00 PM Mary	10 6:30 AM - 7:30 AM True Colors (Strength) Jessica 6:00 PM - 7:00 PM Ride Like a Boss (Outdoor) Jenn	11	12 9 AM - 10 AM Bruno vs Gap Band (Intervals) Jessica
13 10 AM - 11 AM Sunday Funday MJ	14	15 6:30 AM - 7:30 AM What's My Name (Intervals) Jessica 6:00 PM - 7:00 PM Best of the 2000s MJ	16 6:00 - 7:00 PM Mary	17 6:30 AM - 7:30 AM Techno Party (Sprint Intervals) Jessica 6:00 PM - 7:00 PM Dance Party Jenn	18	19 9 AM - 10 AM Paisley Party (Intervals) Jessica
20 10 AM - 11 AM All Out MJ	21	22 6:30 AM - 7:30 AM Battle of the Justins (Endurance) Jessica 6:00 PM - 7:00 PM Power Hour MJ	23 6:00 - 7:00 PM Mary	24 6:30 AM - 7:30 AM Ride or Die (Strength) Jessica 6:00 PM - 7:00 PM Mary	25	26 9 AM - 10 AM Black Magic (Intervals) Jessica
27 10 AM - 11 AM Sunday Funday MJ	28	29 6:30 AM - 7:30 AM Voodoo Fest (Endurance) Jessica 6:00 PM - 7:00 PM Thriller MJ	30 6:00 - 7:00 PM Mary	31 6:30 AM - 7:30 AM Trick or Treat (Intervals) Jessica 6:00 PM - 7:00 PM Spooktacular Ride Jenn	1	2
3	4	Notes				