



2024 FALL- April 2025 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycling 6:00-7:00 Brian TBC 6:00-7:00 Karen	Cycling 6:00-7:00 Brian	TBC 6:00-7:00 Karen	Cycling 6:00-7:00 Brian	TBC 6:00-7:00 Anita	
Cycling 7:00-8:30 Tom						Cycling 7:30-8:30 Cheryl
		Cycling 8:00-9:00 Cheryl	BIG O 8:00-9:00 Mark	Cycling 8:00-9:00 Susan	BIG O 8:00-9:00 Mark	
	Cycling 9:00-11:00 John TBC 9:00-10:00 Mark	TBC 9:00-10:00 Karen	Cycling 9:00-11:00 John BIG O 9:00-10:00 Mark	TBC 9:00-10:00 Mark	BIG O 9:00-10:00 Mark	
		BIG O 11:00-12:00 Mark & Anita		BIG O 11:00-12:00 Mark & Anita		LCMA 10:00-3:00
		Open Cycling 9:00-1:00pm		Open Cycling 9:00-1:00p m		
		LCMA 3:30-9:00	LCMA 3:30-9:00	LCMA 3:30-9:00	LCMA 3:30-9	