

# Spinning Schedule August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am All Terrain	2 5:45am All Terrain 9:30am Intervals Noon Intervals 6:30pm Endurance	3  6:30pm Intervals	4 5:45am Intervals 9:30am Endurance Noon All Terrain 6:30pm All Terrain	5  6:30pm Strength	6 5:45am Strength 9:30am All Terrain Noon Endurance	7 8:30am Endurance
8 8:30am Intervals	9 5:45am Intervals 9:30am Strength Noon All Terrain 6:30pm Intervals	10  6:30pm Strength	11 5:45am Strength 9:30am Intervals Noon Strength 6:30pm Endurance	12  6:30pm All Terrain	13 5:45am All Terrain 9:30am All Terrain Noon Intervals	14 8:30am All Terrain
15 8:30am Endurance	16 5:45am Strength 9:30am Endurance Noon Endurance 6:30pm All Terrain	17  6:30pm Intervals	18 5:45am Race Day 9:30am All Terrain Noon Intervals 6:30pm Strength	19  6:30pm Endurance	20 5:45am Intervals 9:30am Race Day Noon All Terrain	21 8:30am Strength
22 8:30am Race Day	23 5:45am All Terrain 9:30am Intervals Noon Strength 6:30pm Race Day	24  6:30pm All Terrain	25 5:45am Intervals 9:30am 90 min ABB Noon Race Day 6:30pm Intervals	26  6:30pm Intervals	27 5:45am Strength 9:30am All Terrain Noon Intervals	28 8:30am Intervals
29 8:30am Strength	30 5:45am Race Day 9:30am Race Day Noon All Terrain 6:30pm Intervals	31  6:30pm Race Day				