

October 2009

NOAC SPIN CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 INTERVAL 6 to 7 pm OPEN	2 RACE DAY 6 to 7 am KIM	3 9 to 10 am ENDURANCE TERRY
4 INTERVAL 10 to 11 am PATRICE	5 STRENGTH 6 to 7 pm CAROL	6 INTERVAL 6 to 7 pm LEO	7 6 to 7 am KATHRYN ENDURANCE 6 to 7 pm ALEX	8 RACE DAY 6 to 7 pm OPEN	9 ENDURANCE 6 to 7 am KIM	10 9 to 10 am INTERVAL TERRY
11 STRENGTH 10 to 11 am TERRY	12 INTERVAL 6 to 7 pm LINDSEY	13 RACE DAY 6 to 7 pm KATHRYN	14 6 to 7 am KATHRYN STRENGTH 6 to 7 pm ALEX	15 ENDURANCE 6 to 7 pm OPEN	16 STRENGTH 6 to 7 am KIM	17 9 to 11 am TERRY 2 HR CLASS
18 ENDURANCE 10 to 11 am TERRY	19 RACE DAY 6 to 7 pm CAROL	20 STRENGTH 6 to 7 pm LEO	21 6 to 7 am KATHRYN INTERVAL 6 to 7 pm ALEX	22 RACE DAY 6 to 7 pm OPEN	23 INTERVAL 6 to 7 am KIM	24 9 to 10 am STRENGTH TERRY
25 75 MIN CLASS 10 to 11:15 am TERRY	26 ENDURANCE 6 to 7 pm CAROL	27 INTERVAL 6 to 7 pm KATHRYN	28 6 to 7 am KATHRYN RACE DAY 6 to 7 pm ALEX	29 RACE DAY STRENGTH 6 to 7 pm OPEN	30 6 to 7 am KIM	31 9 to 11 am TERRY 2 HR CLASS