


# SEPTEMBER

◀ Aug 2018							Oct 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						<b>1</b> 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
<b>2</b> <b>ALL TERRAIN</b>	<b>3</b> Endurance	<b>4</b> Interval	<b>5</b> Instructor Choice	<b>6</b> <b>Strength</b> <i>LES MILLS</i> <b>RPM</b> 5:30PM	<b>7</b> ESI	<b>8</b> 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
<b>9</b> <b>ALL TERRAIN</b>	<b>10</b> ESI	<b>11</b> Endurance	<b>12</b> Interval	<b>13</b> Instructor Choice <i>LES MILLS</i> <b>RPM</b> 5:30PM	<b>14</b> <b>Strength</b>	<b>15</b> 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
<b>16</b> <b>ALL TERRAIN</b>	<b>17</b> <b>Strength</b>	<b>18</b> ESI	<b>19</b> Endurance	<b>20</b> Interval <i>LES MILLS</i> <b>RPM</b> 5:30PM	<b>21</b> Instructor Choice	<b>22</b> 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
<b>23</b> <b>ALL TERRAIN</b>	<b>24</b> Instructor Choice	<b>25</b> <b>Strength</b>	<b>26</b> ESI	<b>27</b> Endurance <i>LES MILLS</i> <b>RPM</b> 5:30PM	<b>28</b> Interval	<b>29</b> 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
<b>30</b> <b>ALL TERRAIN</b>	