



◀ Sep 2018							Nov 2018 ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Interval	2 Instructor Choice	3 Strength	4 ESI <b>LES MILLS</b> RPM® 5:30PM	5 Endurance	6 8:00AM EXTENDED RIDE 9:30AM INTERVAL							
7 ALL TERRAIN	8 Endurance	9 Interval	10 Instructor Choice	11 Strength <b>LES MILLS</b> RPM® 5:30PM	12 ESI	13 8:00AM EXTENDED RIDE 9:30AM INTERVAL							
14 ALL TERRAIN	15 ESI	16 Endurance	17 Interval	18 Instructor Choice <b>LES MILLS</b> RPM® 5:30PM	19 Strength	20 8:00AM EXTENDED RIDE 9:30AM INTERVAL							
21 ALL TERRAIN	22 Strength	23 ESI	24 Endurance	25 Interval <b>LES MILLS</b> RPM® 5:30PM	26 Instructor Choice	27 8:00AM EXTENDED RIDE 9:30AM INTERVAL							
28 ALL TERRAIN	29 Instructor Choice	30 Strength	31 ESI HAPPY Halloween										