

# July

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