


# AUGUST

◀ Jul 2018

August 2018

Sep 2018 ▶

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