




March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:15 Becky 5:15 PM Steve 6:15 PM Bob	2 6:00AM Becky 7:00 AM Jenn Bond 6:15 PM Janice 6:00 Spinnerval	3 5:15 PM Steve 6:15 PM Janice	4 6:00AM Jenn Bryant 7:00 AM Becky 4:15PM Bob 5:15PM Jeff 6:15 PM Jenn Bond	5 12:15PM Debi 5:15 PM Deb BH 6:15PM Jeff/Shali Spinoga	6 8:15AM Jenn Bryant 10:00AM Endurance 60 min Debi
7  Spin for Hope Fundraiser 10:30 to 1:30	8 12:15 Steve 5:15 PM Debi 6:15 PM Jenn Bond	9 6:00AM Debi 7:00 AM Janice 5:15 PM Becky (Beg) 6:15 PM Becky 6:00 Spinnerval	10 5:15 PM Steve 6:15 PM Bob	11 6:00AM Becky 7:00 AM Debi 4:15PM Bob 5:15PM Jenn Bond 6:15 PM Jenn Bryant	12 12:15PM Becky 5:15 PM Deb BH 6:15PM Jeff/Shali Spinoga	13 8:15AM Janice 10:00AM Endurance 60 min Deb BH
9:00AM CycloCor DVD workout 10:00AM Spinerval DVD workout	15 12:15 Debi 5:15 PM Jenn Bond 6:15 PM Bob	16 6:00AM Jenn Bryant 7:00 AM Becky 5:15PM Steve (Beg) 6:15 PM Steve 6:00 Spinnerval	17 5:15 PM Janice 6:15 PM Becky	18 6:00AM Steve 7:00 AM Becky 4:15PM Bob 5:15PM Jeff 6:15 PM Jenn Bond	19 12:15PM Debi 5:15 PM Deb BH 6:15PM Jeff/Shali Spinoga	20 8:15AM Jenn Bryant 10:00AM Endurance 60 min Janice
9:00AM CycloCor DVD workout 10:00AM Spinerval DVD workout	22 12:15 Debi 5:15 PM Bob 6:15 PM Jenn Bond	23 6:00AM Steve 7:00 AM Debi 6:15 PM Janice 6:00 Spinnerval	24 5:15 PM Steve 6:15 PM Janice	25 6:00AM Jenn Bryant 7:00 AM Jenn Bond 4:15PM Deb BH 5:15PM Jeff 6:15 PM Bob	26 12:15PM Becky 5:15 PM Bob 6:15PM Jeff/Shali Spinoga	27 8:15AM Deb BH 10:00AM Endurance 60 min Becky
9:00AM CycloCor DVD workout 10:00AM Spinerval DVD workout	29 12:15 Steve 5:15 PM Jenn Bond 6:15 PM Bob	30 6:00AM Jenn Bryant 7:00 AM Jenn Bond 6:15 PM Becky 6:00 Spinnerval	31 5:15 PM Bob 6:15 PM Becky	www.tbs-opt.com		