

COLONIAL HEIGHTS CYCLING AUGUST 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
1 9:30 Cycle45- Shurelle	2 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 Kids Cycle- Julie	3 6:00 Cycle45- Don 9:30 Cycle45- Kristie 6:00 Cycle45- Don	4 9:30 Cycle45- Don 5:30 CycleStrength - Shurelle	5 6:00 Cycle45- Shurelle 9:30 Cycle45- Gayle 6:00 Cycle45- Shurelle	6 9:30 CycleABS- Gayle 5:30 Cycle45- Melanie	7 9:30 Cycle45- Don	
8 9:30 Cycle45- Shurelle	9 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 Kids Cycle- Julie	10 6:00 Cycle45- Don 9:30 Cycle45- Kristie 6:00 Cycle45- Don	11 9:30 Cycle45- Don 5:30 CycleStrength - Shurelle	12 6:00 Cycle45- Shurelle 9:30 Cycle45- Gayle 6:00 Cycle45- Shurelle	13 9:30 CycleABS- Gayle 5:30 Cycle45- Shurelle	14 9:30 Cycle45- Don	
15 9:30 Cycle45- Melanie	16 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 KidsCycle- Julie	17 6:00 Cycle45- Don 9:30 Cycle45- Kristie 6:00 Cycle45- Don	18 9:30 Cycle45- Don 5:30 CycleStrength- Don	19 6:00 Cycle45- Don 9:30 Cycle45- Gayle 6:00 Cycle45- Melanie	20 9:30 CycleABS- Gayle 5:30 Cycle45- Melanie	21 9:30 Cycle45- Julie	
22 9:30 Cycle45- Julie	23 10:30 CycleStrength- Gayle 5:30 CycleABS- Don 6:30 KidsCycle- Don	24 6:00 Cycle45- Don 9:30 Cycle45- Kristie 6:00 Cycle45- Don	25 9:30 Cycle45- Don 5:30 CycleStrength- Don	26 6:00 Cycle45- Shurelle 9:30 Cycle45- Gayle 6:00 Cycle45- Shurelle	27 9:30 CycleABS- Gayle 5:30 Cycle45- Shurelle	28 9:30 Cycle45- Melanie	
29 9:30 Cycle45- Shurelle	30 10:30 CycleStrength- Gayle 5:30 CycleABS- Julie 6:30 KidsCycle- Julie	31 6:00 Cycle45- Don 9:30 Cycle45- Kristie 6:00 Cycle45- Don	Attention Members: Sunday 7:15am. Cycle 45 will be removed from the schedule for the month of August.				