





# Spinning in May 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				1 5:35 a.m. Endurance 12 p.m. Strength	2 5:35 a.m. Interval 12 p.m. Endurance	3 8 a.m. Strength
4 9-11 a.m. Endurance Spin	5 6:45 a.m. Interval 12 p.m. Strength 5:45 p.m. Strength	6 5:35 a.m. Interval 12 p.m. Interval	7 6:45 a.m. Endurance 12 p.m. Strength 5:45 p.m. Interval	8 5:35 a.m. Strength 12 p.m. Endurance	9 5:35 a.m. Endurance 12 p.m. Interval	10 8 a.m. Interval
11 8:30 a.m. Strength 	12 6:45 a.m. Strength 12 p.m. Endurance 5:45 p.m. Race Day	13 5:35 a.m. Strength 12 p.m. Strength	14 6:45 a.m. Interval 12 p.m. Endurance 5:45 p.m. Endurance	15 5:35 a.m. Interval 12 p.m. Race Day	16 5:35 a.m. Strength 12 p.m. Strength	17 8 a.m. Race Day
18 8:30 a.m. Interval <b>Last Sunday For the Summer</b>	19 6:45 a.m. Endurance 12 p.m. Interval 5:45 p.m. Interval	20 5:35 a.m. Interval 12 p.m. Endurance	21 6:45 a.m. Strength 12 p.m. Strength 5:45 p.m. Strength	22 5:35 a.m. Endurance 12 p.m. Interval	23 5:35 a.m. Race Day 12 p.m. Strength	24 8 a.m. Endurance
25 No Class Holiday Weekend	26  <b>Closed Memorial Day</b>	27 5:35 a.m. Endurance 12 p.m. Interval	28 6:45 a.m. Interval 12 p.m. Endurance 5:45 p.m. Interval	29 5:35 a.m. Interval 12 p.m. Strength	30 5:35 a.m. Strength 12 p.m. Interval	31 8 a.m. Strength