

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM			Ryan K			
6:00		Lara	Oct	Ryan S		
6:15		Nov	\$70	Oct		
6:30		\$122.50	Nov	\$70		
6:45			\$122.50	Nov		
7:00			Ryan K	\$105		
7:15			Oct	Ryan S		
7:30		Ryan S	\$70	Oct		
7:45		Nov	Nov 122.50	\$70		
8:00		\$122.50	strength	Nov		
8:15				\$105		
9:00		Lester				Allen
9:15		PRIVATE				Nov
9:30		Venus				Public
9:45		De miles				\$140
10:00		\$122.50		Breeze		
10:15				Public		
10:30		Lester		Nov		
10:45		Public		Women's		
11:00		Nov		Only		
11:15		\$140		\$120		
11:30						
11:45						
12:00PM	Lester	Lester	Lester	Lester		
12:15	Public	Public	Public	Public		
12:30	Oct	Nov	Nov	Oct	Tami	
12:45	\$80	\$140	\$140	\$80	Public	
1:00	Nov			Nov	Nov	
1:15	\$140			\$120	\$120	
1:30						
1:45					strength	
2:00						
4:00		Lester	Lester	Lester		
4:15		Nov	Nov	Nov		
4:30		Private	Private	Private		
4:45		Junior	Junior	Junior		
5:00		BJC	BJC	BJC		
5:45	Lester	Lester	Ryan S	Alan		
6:00	Oct	Oct	Nov	Nov		
6:15	Public	Private	Public	Private		
6:30	\$80	Spin Doc		Boulder		
6:45	Nov	\$122.50	\$120	Run Com		
7:00	\$140			\$105		
7:15	Lester +	Lester	Ryan S	Alan		
7:30	Ryan K	Nov	Nov	Nov		
7:45	Private	Private	Public	Private		
8:00	Alchemist	GS Boulder	\$120	Boulder		
8:15	\$122.50	\$122.50		Run Com		
8:30				\$105		
8:45						

Drop-in sessions for October are open.  
Preregistration for Nov opens 10/13.

October session runs the week of Oct 6th through the week of Oct 27th.

November Session runs the week of Nov 3rd through the week of Dec 15th.

There are no Wed evening or Thurs/Fri workouts the week of Thanksgiving.

