

# January 2007

January 2007							February 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	1	2	3	4	5	6	4	5	6	7	1	2	3
14	8	9	10	11	12	13	11	12	13	14	15	16	17
21	15	16	17	18	19	20	18	19	20	21	22	23	24
28	22	23	24	25	26	27	25	26	27	28			

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
January 1, 2007	2	3	4	5	6
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					7
					9:00am Trail Run/Ride 12:00pm Sailing Level 1 (Marina Park)
8	9	10	11	12	13
5:30am Register for Wildflower Century 5:30am Spinning Class (Krstin) 7:00pm Dancing	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					14
					9:00am Trail Run/Ride 12:00pm Sailing Level 1 (Marina Park)
15	16	17	18	19	20
5:30am Spinning Class (Krstin) 7:00pm Dancing	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					21
					9:00am Trail Run/Ride 12:00pm Sailing Level 1 (Marina Park)
22	23	24	25	26	27
5:30am Spinning Class (Krstin) 7:00pm Dancing	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					28
					9:00am Trail Run/Ride 12:00pm Sailing Level 1 (Marina Park)
29	30	31			
5:30am Spinning Class (Krstin) 7:00pm Dancing	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)			

# February 2007

February 2007							March 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3					1	2	3
4	5	6	7	8	9	10	4	5	6	7	8	9	10
11	12	13	14	15	16	17	11	12	13	14	15	16	17
18	19	20	21	22	23	24	18	19	20	21	22	23	24
25	26	27	28				25	26	27	28	29	30	31

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			February 1	2	3
			5:30am Whole Body Strength Work Out	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
			4:30pm Swim (Kimball)		
					4
					9:00am Trail Run/Tour de Carp
5	6	7	8	9	10
5:30am Spinning Class (Krstin) 7:00pm Dancing	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					11
					9:00am Tour de Carp
12	13	14	15	16	17
5:30am Spinning Class (Krstin) 7:00pm Dancing	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					18
					9:00am Trail Run/Tour de Ojai
19	20	21	22	23	24
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					25
					9:00am Trail Run/Ride
26	27	28			
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)			

# March 2007

March 2007							April 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	1	2	3	4	5	6	7
11	12	13	14	15	16	17	8	9	10	11	12	13	14
18	19	20	21	22	23	24	15	16	17	18	19	20	21
25	26	27	28	29	30	31	22	23	24	25	26	27	28

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			March 1	2	3
			5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 2:00pm Weight Training 6:00pm Dining Out
					4
					9:00am Trail Run/Ride
5	6	7	8	9	10
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	Solvang Century 7:00am Mediate More Items...
					11
					9:00am Trail Run/Ride
12	13	14	15	16	17
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					18
					9:00am Trail Run/Ride
19	20	21	22	23	24
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					25
					9:00am Trail Run/Ride
26	27	28	29	30	31
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...

# April 2007

April 2007						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2007						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					April 1
					9:00am Trail Run/Ride
2	3	4	5	6	7
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					8
					9:00am Trail Run/Ride
9	10	11	12	13	14
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					15
					9:00am Trail Run/Ride
16	17	18	19	20	21
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					22
					9:00am Trail Run/Ride
23	24	25	26	27	28
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					29
					9:00am Trail Run/Ride
30					
5:30am Spinning Class (Krstin)					

# May 2007

May 2007							June 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	May 1	2	3	4	5
	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					6
					9:00am Trail Run/Ride
7	8	9	10	11	12
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					13
					9:00am Trail Run/Ride
14	15	16	17	18	19
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					20
					9:00am Trail Run/Ride
21	22	23	24	25	26
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					27
					9:00am Trail Run/Ride
28	29	30	31		
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)		

# June 2007

June 2007							July 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	8	9	10	11	12	13	14
17	18	19	20	21	22	23	15	16	17	18	19	20	21
24	25	26	27	28	29	30	22	23	24	25	26	27	28
							29	30	31				

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				June 1	2
				5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Eastern Sierra More Items...
					3
					9:00am Trail Run/Ride
4	5	6	7	8	9
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					10
					9:00am Trail Run/Ride
11	12	13	14	15	16
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					17
					John and Patti's Anniversary
					9:00am Trail Run/Ride
18	19	20	21	22	23
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					24
					9:00am Breath for Life Triathlon (Ventura)
25	26	27	28	29	30
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...

# July 2007

July 2007							August 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14				5	6	7	8
15	16	17	18	19	20	21				12	13	14	15
22	23	24	25	26	27	28				19	20	21	22
29	30	31								26	27	28	29

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					July 1
					9:00am Trail Run/Ride
2	3	4	5	6	7
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					8
					9:00am Trail Run/Ride
9	10	11	12	13	14
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					15
					9:00am Trail Run/Ride
16	17	18	19	20	21
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					22
					9:00am Vineman 1/2 Ironman (Santa Rosa)
23	24	25	26	27	28
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					29
					9:00am Trail Run/Ride
30	31				
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)				

# August 2007

August 2007							September 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	1	2	3	4	2	3	4	5	6	7	1
12	13	14	8	9	10	11	9	10	11	12	13	14	8
19	20	21	15	16	17	18	16	17	18	19	20	21	22
26	27	28	22	23	24	25	23	24	25	26	27	28	29
			29	30	31		30						

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		August 1	2	3	4
		5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					5
					9:00am Trail Run/Ride
6	7	8	9	10	11
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					12
					9:00am Trail Run/Ride
13	14	15	16	17	18
5:30am Spinning Class (Krstin)	Patti's Birthday 5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Cool Breeze Century More Items...
					19
					9:00am Trail Run/Ride
20	21	22	23	24	25
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					26
					9:00am Trail Run/Ride
27	28	29	30	31	
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	



# September 2007

September 2007							October 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	7	1	2	3	4	5	6
9	10	11	12	13	14	15	8	9	10	11	12	13	14
16	17	18	19	20	21	22	15	16	17	18	19	20	21
23	24	25	26	27	28	29	22	23	24	25	26	27	28
30							28	29	30	31			

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					September 1
					7:00am Mediate 8:30am Long Ride More Items...
					2
					9:00am Trail Run/Ride
3	4	5	6	7	8
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					9
					9:00am Trail Run/Ride
10	11	12	13	14	15
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					16
					9:00am Trail Run/Ride
17	18	19	20	21	22
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	John's Birthday 5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					23
					9:00am Trail Run/Ride
24	25	26	27	28	29
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	Christine's Birthday 5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					30
					9:00am Trail Run/Ride

# October 2007

October 2007							November 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	1	2	3	4	5	6					1	2	3
14	8	9	10	11	12	13	4	5	6	7	8	9	10
21	15	16	17	18	19	20	11	12	13	14	15	16	17
28	22	23	24	25	26	27	18	19	20	21	22	23	24
	29	30	31				25	26	27	28	29	30	

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
October 1	2	3	4	5	6
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					9:00am Trail Run/Ride
8	9	10	11	12	13
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	Lure of the Grapes	
					7:00am Mediate More Items...
					14
					Lure of the Grapes
					9:00am Trail Run/Ride
15	16	17	18	19	20
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					21
					9:00am Trail Run/Ride
22	23	24	25	26	27
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					28
					9:00am Trail Run/Ride
29	30	31			
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)			

# November 2007

November 2007							December 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			November 1	2	3
			5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					4
					9:00am Trail Run/Ride
5	6	7	8	9	10
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					11
					9:00am Trail Run/Ride
12	13	14	15	16	17
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					18
					9:00am Trail Run/Ride
19	20	21	22	23	24
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					25
					9:00am Trail Run/Ride
26	27	28	29	30	
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	

# December 2007

December 2007							January 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	1	6	7	1	2	3	4	5
9	10	11	12	13	14	8	13	14	8	9	10	11	12
16	17	18	19	20	21	15	20	21	15	16	17	18	19
23	24	25	26	27	28	22	27	28	22	23	24	25	26
30	31					29			29	30	31		

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					December 1
					7:00am Mediate More Items...
					2
					9:00am Trail Run/Ride
3	4	5	6	7	8
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					9
					9:00am Trail Run/Ride
10	11	12	13	14	15
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					16
					9:00am Trail Run/Ride
17	18	19	20	21	22
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					23
					9:00am Trail Run/Ride
24	25	26	27	28	29
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate More Items...
					30
					9:00am Trail Run/Ride
31					
5:30am Spinning Class (Krstin)					

# January 2008

January 2008							February 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	January 1, 2008	2	3	4	5
	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					6
					9:00am Trail Run/Ride
7	8	9	10	11	12
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					13
					9:00am Trail Run/Ride
14	15	16	17	18	19
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					20
					9:00am Trail Run/Ride
21	22	23	24	25	26
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					27
					9:00am Trail Run/Ride
28	29	30	31		
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)		

# February 2008

February 2008							March 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	2	3	4	5	6	7	8
10	11	12	13	14	15	16	9	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29		23	24	25	26	27	28	29
							30	31					

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				February 1	2
				5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					3
					9:00am Trail Run/Ride
4	5	6	7	8	9
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					10
					9:00am Trail Run/Ride
11	12	13	14	15	16
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					17
					9:00am Trail Run/Ride
18	19	20	21	22	23
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	7:00am Mediate 8:30am Long Ride More Items...
					24
					9:00am Trail Run/Ride
25	26	27	28	29	
5:30am Spinning Class (Krstin)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin) 7:00pm Master Class (Christines)	5:30am Whole Body Strength Work Out 4:30pm Swim (Kimball)	5:30am Spinning Class (Krstin)	