



# Outdoor Cycling Schedule | February 6 - March 5, 2023

For more information, contact Cassidy Audet, Wellness & Recreation Director, at CAudet@SpringfieldJCC.org.

**Monday,  
February 6**

**6:00 - 6:45 AM**  
Doug

**6:00 - 6:45 PM**  
Cari

**Tuesday,  
February 7**

**8:00 - 8:45 AM**  
Nicki

**Wednesday,  
February 8**

**6:00 - 6:45 PM**  
Cari

**Thursday,  
February 9**

**6:00 - 6:45 AM**  
Doug

**8:00 - 8:45 AM**  
Nicki

**Friday,  
February 10**

**8:00 - 8:45 AM**  
Nicki

**Saturday,  
February 11**

**8:00 - 8:45 AM**  
Cari

**Sunday,  
February 12**

**8:00 - 8:45 AM**  
Doug

**Monday,  
February 13**

**6:00 - 6:45 AM**  
Doug

**6:00 - 6:45 PM**  
Cari

**Tuesday,  
February 14**

**8:00 - 8:45 AM**  
Nicki

**Wednesday,  
February 15**

**6:00 - 6:45 PM**  
Cari

**Thursday,  
February 16**

**6:00 - 6:45 AM**  
Doug

**8:00 - 8:45 AM**  
Nicki

**Friday,  
February 17**

**8:00 - 8:45 AM**  
Nicki

**Saturday,  
February 18**

**8:00 - 8:45 AM**  
Cari

**Sunday,  
February 19**

**8:00 - 8:45 AM**  
Doug

**Monday,  
February 20**

**6:00 - 6:45 AM**  
Doug

**6:00 - 6:45 PM**  
Cari

**Tuesday,  
February 21**

**8:00 - 8:45 AM**  
Nicki

**Wednesday,  
February 22**

**6:00 - 6:45 PM**  
Cari

**Thursday,  
February 23**

**6:00 - 6:45 AM**  
Doug

**8:00 - 8:45 AM**  
Nicki

**Friday,  
February 24**

**8:00 - 8:45 AM**  
Nicki

**Saturday,  
February 25**

**8:00 - 8:45 AM**  
Cari

**Sunday,  
February 26**

**8:00 - 8:45 AM**  
Doug

**Monday,  
February 27**

**6:00 - 6:45 AM**  
Doug

**6:00 - 6:45 PM**  
Cari

**Tuesday,  
February 28**

**8:00 - 8:45 AM**  
Nicki

**Wednesday,  
March 1**

**6:00 - 6:45 PM**  
Cari

**Thursday,  
March 2**

**6:00 - 6:45 AM**  
Doug

**8:00 - 8:45 AM**  
Nicki

**Friday,  
March 3**

**8:00 - 8:45 AM**  
Nicki

**Saturday,  
March 4**

**8:00 - 8:45 AM**  
Cari

**Sunday,  
March 5**

**8:00 - 8:45 AM**  
Doug