



Outdoor Cycling Schedule | January 9 - February 5, 2023

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

**Monday,
January 9**
6:00 - 6:45 AM
Doug
6:00 - 6:45 PM
Cari

**Tuesday,
January 10**
8:00 - 8:45 AM
Nicki

**Wednesday,
January 11**
6:00 - 6:45 PM
Cari

**Thursday,
January 12**
6:00 - 6:45 AM
Doug
8:00 - 8:45 AM
Nicki

**Friday,
January 13**
8:00 - 8:45 AM
Nicki

**Saturday,
January 14**
8:00 - 8:45 AM
Cari

**Sunday,
January 15**
8:00 - 8:45 AM
Doug

**Monday,
January 16**
6:00 - 6:45 AM
Doug
6:00 - 6:45 PM
Cari

**Tuesday,
January 17**
8:00 - 8:45 AM
Nicki

**Wednesday,
January 18**
6:00 - 6:45 PM
Cari

**Thursday,
January 19**
6:00 - 6:45 AM
Doug
8:00 - 8:45 AM
Nicki

**Friday,
January 20**
8:00 - 8:45 AM
Nicki

**Saturday,
January 21**
8:00 - 8:45 AM
Cari

**Sunday,
January 22**
8:00 - 8:45 AM
Doug

**Monday,
January 23**
6:00 - 6:45 AM
Doug
6:00 - 6:45 PM
Cari

**Tuesday,
January 24**
8:00 - 8:45 AM
Nicki

**Wednesday,
January 25**
6:00 - 6:45 PM
Cari

**Thursday,
January 26**
6:00 - 6:45 AM
Doug
8:00 - 8:45 AM
Nicki

**Friday,
January 27**
8:00 - 8:45 AM
Nicki

**Saturday,
January 28**
8:00 - 8:45 AM
Cari

**Sunday,
January 29**
8:00 - 8:45 AM
Doug

**Monday,
January 30**
6:00 - 6:45 AM
Doug
6:00 - 6:45 PM
Cari

**Tuesday,
January 31**
8:00 - 8:45 AM
Nicki

**Wednesday,
February 1**
6:00 - 6:45 PM
Cari

**Thursday,
February 2**
6:00 - 6:45 AM
Doug
8:00 - 8:45 AM
Nicki

**Friday,
February 3**
8:00 - 8:45 AM
Nicki

**Saturday,
February 4**
8:00 - 8:45 AM
Cari

**Sunday,
February 5**
8:00 - 8:45 AM
Doug