



# Outdoor Cycling Schedule | March 6 - April 2, 2023

For more information, contact Cassidy Audet, Wellness & Recreation Director, at [CAudet@SpringfieldJCC.org](mailto:CAudet@SpringfieldJCC.org).

**Monday,  
March 6**

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

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

**Tuesday,  
March 7**

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

**Wednesday,  
March 8**

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

**Thursday,  
March 9**

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

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

**Friday,  
March 10**

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

**Saturday,  
March 11**

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

**Sunday,  
March 12**

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

**Monday,  
March 13**

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

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

**Tuesday,  
March 14**

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

**Wednesday,  
March 15**

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

**Thursday,  
March 16**

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

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

**Friday,  
March 17**

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

**Saturday,  
March 18**

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

**Sunday,  
March 19**

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

**Monday,  
March 20**

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

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

**Tuesday,  
March 21**

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

**Wednesday,  
March 22**

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

**Thursday,  
March 23**

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

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

**Friday,  
March 24**

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

**Saturday,  
March 25**

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

**Sunday,  
March 26**

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

**Monday,  
March 27**

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

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

**Tuesday,  
March 28**

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

**Wednesday,  
March 29**

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

**Thursday,  
March 30**

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

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

**Friday,  
March 31**

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

**Saturday,  
April 1**

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

**Sunday,  
April 2**

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