


Sunbury YMCA RPM™ / Cycling Schedule – January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
	1/1 HAPPY NEW YEAR CLOSED	1/2	1/3	1/4	SATURDAY 1/5 8:15AM RPM™ Barb
		8:45AM Cycling Tim 5:30PM RPM™ Amy T	5:45AM RPM™ Barb 8:00AM Cycling Jim (30 mins) Noon RPM™ Adrienne	8:00AM RPM™ Melanie	
7	8	9	10	11	SATURDAY 1/12 8:15AM RPM™ Sheila ----- SUNDAY 1/13 1:30 RPM™ Amy T
8:45AM Cycling Carissa 5:30PM RPM™ Stacy	5:45AM RPM™ Amy M 8:00 Cycling Katrina (30 mins) 9:00 RPM™ Barb Noon Cycling Karen 5:30PM RPM™ Jeanne	8:45AM Cycling Tim 5:30PM RPM™ Amy T	5:45AM RPM™ Barb 8:00AM Cycling Jim (30 mins) Noon RPM™ Adrienne	8:00AM RPM™ Melanie	
14	15	16	17	18	SATURDAY 1/19 8:15AM RPM™ Barb (60 min ride) ----- SUNDAY 1/20 1:30 RPM™ Sheila
8:45AM Cycling Carissa 5:30PM RPM™ Stacy	5:45AM RPM™ Amy M 8:00 Cycling Katrina (30 mins) 9:00 RPM™ Barb Noon Cycling Karen 5:30PM RPM™ Sheila P	8:45AM Cycling Tim 5:30PM RPM™ Amy T	5:45AM RPM™ Barb 8:00AM Cycling Jim (30 mins) Noon RPM™ Adrienne	8:00AM RPM™ Melanie	
21	22	23	24	25	SATURDAY 1/26 8:15AM RPM™ Amy T (60 min ride) ----- SUNDAY 1/27 1:30 RPM™ Sheila
8:45AM Cycling Carissa 5:30PM RPM™ Stacy	5:45AM RPM™ Amy M 8:00 Cycling Katrina (30 mins) 9:00 RPM™ Barb Noon Cycling Karen 5:30PM RPM™ Sheila P	8:45AM Cycling Tim 5:30PM RPM™ Amy T	5:45AM RPM™ Barb 8:00AM Cycling Jim (30 mins) Noon RPM™ Adrienne	8:00AM RPM™ Melanie	
28	29	30	31		
8:45AM Cycling Carissa 5:30PM RPM™ Stacy	5:45AM RPM™ Amy M 8:00 Cycling Katrina (30 mins) 9:00 RPM™ Barb Noon Cycling Karen 5:30PM RPM™ Sheila P	8:45AM Cycling Tim 5:30PM RPM™ Amy T	5:45AM RPM™ Barb 8:00AM Cycling Jim (30 mins) Noon RPM™ Adrienne		