

SEPTEMBER 2019



CALENDAR MONTH	SEPTEMBER
CALENDAR YEAR	2019
1ST DAY OF WEEK	SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
INTERVAL SESSIONS AT DXBIKE (THE S.H.I.T.S.) 06H00 AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 18H00 AND 19H00	AIRWERKS WOMEN'S RIDE AT DXBIKE 06H00 (3-4 LAPS)		WEEKLY WOMEN'S NOVICE/RECOVERY COFFEE RIDE FROM MIRA TOWN CENTRE 05H45	AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 07H00 AND 08H30	RELAX	PRIVATE CLASSES AVAILABLE UPON REQUEST AND DEPENDING ON AVAILABILITY
	8	9	10	11	12	13
INTERVAL SESSIONS AT DXBIKE (THE S.H.I.T.S.) 06H00 AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 18H00 AND 19H00	AIRWERKS WOMEN'S RIDE AT DXBIKE 06H00 (3-4 LAPS)		WEEKLY WOMEN'S NOVICE/RECOVERY COFFEE RIDE FROM MIRA TOWN CENTRE 05H45	AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 07H00 AND 08H30	RELAX	PRIVATE CLASSES AVAILABLE UPON REQUEST AND DEPENDING ON AVAILABILITY
	15	16	17	18	19	20
INTERVAL SESSIONS AT DXBIKE (THE S.H.I.T.S.) 06H00 AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 18H00 AND 19H00	AIRWERKS WOMEN'S RIDE AT DXBIKE 06H00 (3-4 LAPS)	SWIM/RUN BRICK SESSION 06H00 AT KITE BEACH	WEEKLY WOMEN'S NOVICE/RECOVERY COFFEE RIDE FROM MIRA TOWN CENTRE 05H45	AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 07H00 AND 08H30	RELAX	PRIVATE CLASSES AVAILABLE UPON REQUEST AND DEPENDING ON AVAILABILITY
	22	23	24	25	26	27
INTERVAL SESSIONS AT DXBIKE (THE S.H.I.T.S.) 06H00 AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 18H00 AND 19H00	AIRWERKS WOMEN'S RIDE AT DXBIKE 06H00 (3-4 LAPS)	SWIM/RUN BRICK SESSION 06H00 AT KITE BEACH	WEEKLY WOMEN'S NOVICE/RECOVERY COFFEE RIDE FROM MIRA TOWN CENTRE 05H45	AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 07H00 AND 08H30	RELAX	PRIVATE CLASSES AVAILABLE UPON REQUEST AND DEPENDING ON AVAILABILITY
	29	30	1	2	3	4
INTERVAL SESSIONS AT DXBIKE (THE S.H.I.T.S.) 06H00 AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 18H00 AND 19H00	AIRWERKS WOMEN'S RIDE AT DXBIKE 06H00 (3-4 LAPS)	SWIM/RUN BRICK SESSION 06H00 AT KITE BEACH	WEEKLY WOMEN'S NOVICE/RECOVERY COFFEE RIDE FROM MIRA TOWN CENTRE 05H45	AIRWERKS CYCLES INDOOR CYCLING (BOOKING ESSENTIAL) 07H00 AND 08H30	RELAX	PRIVATE CLASSES AVAILABLE UPON REQUEST AND DEPENDING ON AVAILABILITY
	6	7				