

	Mon	Tue	Wed	Thur	Fri	SAT	SUN
6:00	Michel 6:15 am	Michel 6:15 am	Michel 6:15 am	Michel 6:15 am	Michel 6:15 am		
6:30							
7:00							
7:30		Michel 7:30 am		Michel 7:30 am			
8:00						Aerobic Ride 8:00am	
8:30							Team training 8:30
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30	Michel 4:30 pm		Michel 4:30 pm				
5:00							
5:30		Manon 5:30 pm		Michel 5:30 pm			
6:00							
6:30							
7:00							