

# Tour de Spin 2026

## July Schedule

| Sunday                                   | Monday                                                                     | Tuesday                                                 | Wednesday                                                             | Thursday                                                                                                                                   | Friday                                               | Saturday                                                          |
|------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------|
| <b>DAVIS<br/>FAMILY Y</b>                |                                                                            |                                                         | 1<br>Regular Classes<br>5:30am Corky<br>8:30am Marisa<br>6pm Marlene  | 2 8am Lisa (doesn't<br>count for K/O)<br><b>Kick Off Spin<br/>CENTRAL Y</b><br>5 & 6 PM<br><b>(NO Evening Class at<br/>Davis Family Y)</b> | 3<br><u>Stage 1</u><br>5:30am Lisa<br>8:30am Marisa  | 4<br>NO CLASSES! Happy<br>4 <sup>th</sup> of July!                |
| 5<br><u>Stage 2</u><br>8:00am Chris T.   | 6<br><u>Stage 3</u><br>5:30am Lisa<br>8:30am Melanie<br>4:45pm Stephanie   | 7<br><u>Stage 4</u><br>8:30am Sarah<br>5:00pm Rachel    | 8<br><u>Stage 5</u><br>5:30am Corky<br>8:30am Marisa<br>6pm Marlene   | 9<br><u>Stage 6</u><br>8:00am Melanie<br>6:30pm Mary Jo                                                                                    | 10<br><u>Stage 7</u><br>5:30am Janet<br>8:30am Sarah | 11<br><u>Stage 8</u><br>8:00am Stephanie                          |
| 12<br><u>Stage 9</u><br>8:00am Chris T.  | 13<br><u>Stage 9</u><br>5:30am Janet<br>8:30am Melanie<br>4:45pm Chris T.  | 14<br><u>Stage 10</u><br>8:30am Sarah<br>5:00pm Rachel  | 15<br><u>Stage 11</u><br>5:30am Corky<br>8:30am Marisa<br>6pm Marlene | 16<br><u>Stage 12</u><br>8:00am Lisa<br>6:30pm Mary Jo                                                                                     | 17<br><u>Stage 13</u><br>5:30am Lisa<br>8:30am Sarah | 18<br><u>Stage 14</u><br>8:00am Stephanie                         |
| 19<br><u>Stage 15</u><br>8:00am Chris T. | 20<br><u>Stage 15</u><br>5:30am Lisa<br>8:30am Melanie<br>4:45pm Stephanie | 21<br><u>Stage 16</u><br>8:30am Sarah<br>5:00pm Marlene | 23<br><u>Stage 17</u><br>5:30am Corky<br>8:30am Marisa<br>6pm Rachel  | 24<br><u>Stage 18</u><br>8:00am Lisa<br>6:30pm Mary Jo                                                                                     | 25<br><u>Stage 20</u><br>5:30am Lisa<br>8:30am Sarah | 26<br><u>Stage 20/21</u><br>Finale:<br>8 & 9 am<br>Davis Family Y |

**Make sure to bring wired headphones & water to ALL classes!**

### Outdoor Rides

**Wednesdays, July 8, 15 & 23 at 6pm (All Levels Welcome)**

Meet at Experimental Farm by 5:45pm. MUST have helmet.

RSVP to Sandy Manley at 330-727-3408