

# March 2010—Vanguard Gym

Quote: “A man's health can be judged by which he takes two at a time - pills or stairs.”

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<i>1</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>2</i>  6pm Long Ride/TM	<i>3</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS	<i>4</i>  6pm Long Ride/Harry	<i>5</i>  5:45am Spin & Pump/CS 12pm Circuit Ride/TM	<i>6</i>	
	<i>7</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>8</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>9</i>  6pm Long Ride/TM	<i>10</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS	<i>11</i>  6pm Long Ride/Pearl	<i>12</i>  5:45am Spin & Pump/CS 12pm Circuit Ride/TM	<i>13</i>
	<i>14</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>15</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>16</i>  6pm Long Ride/TM	<i>17</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS	<i>18</i>  6pm Long Ride/Harry	<i>19</i>  5:45am Spin & Pump/CS 12pm Circuit Ride/TM	<i>20</i>
	<i>21</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>22</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>23</i>  6pm Long Ride/TM	<i>24</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS	<i>25</i>  6pm Long Ride/Pearl	<i>26</i>  5:45am Spin & Pump/CS 12pm Circuit Ride/TM	<i>27</i>
	<i>28</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>29</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/Pearl	<i>30</i>  6pm Long Ride/TM	<i>31</i>  5:45am Morning Spin/CS 12pm Circuit Ride/CS			<i>Due to advance nature of calendar, it is subject to change</i>