

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am							
6am	Interval	All Terrain	Power Driven	All Terrain	All Terrain		
7am							
8am						Power Driven	
9am							
10am		Training Wheels *First Tues. of The Month			All Terrain		
11am							
12pm		All Terrain	All Terrain	Interval			
1pm							
2pm							
3pm							
4pm							
5pm							
6pm	All Terrain	Power Driven					
7pm			Power Driven				
8pm							
9pm							