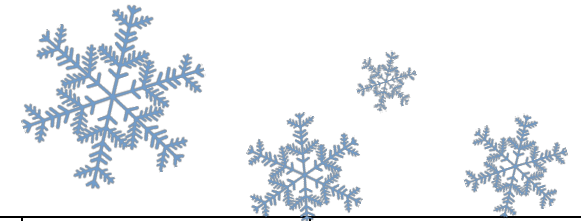


JUST \$5 per class!

December

Group Cycling Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   (734) 241-6130 www.gomadfitness.com		 GoMAD™ FITNESS <i>Make A Difference!</i>		1 6p - 7p M.A.D. Strength & Cycling (30 minutes of each) with Michele	2	3 9:15a - 10:15a M.A.D. Cycling with Maghanne
4	5	6 6p - 7p M.A.D. Strength & Cycling (30 minutes of each) with Michele	7 5:30a - 6:15a M.A.D. Cycling with Vito	8 6p - 7p M.A.D. Strength & Cycling (30 minutes of each) with Michele	9	10 9:15a - 10:15a M.A.D. Cycling with Maghanne
11	12	13 6p - 7p M.A.D. Strength & Cycling (30 minutes of each) with Michele	14 5:30a - 6:15a M.A.D. Cycling with Vito	15 6p - 7p M.A.D. Strength & Cycling (30 minutes of each) with Michele	16	17 9:15a - 10:15a M.A.D. Cycling with Maghanne
18	19	20 6p - 7p M.A.D. Strength & Cycling (30 minutes of each) with Michele	21 5:30a - 6:15a M.A.D. Cycling with Vito	22	23	24  Twas the Night Before Christmas NO CLASSES TODAY
25  MERRY CHRISTMAS	26	27 6p - 7p M.A.D. Strength & Cycling (30 minutes of each) with Michele	28 5:30a - 6:15a M.A.D. Cycling with Vito	29	30	31  Happy New Year NO CLASSES TODAY