



TBF Women's Cycling Class

Date	Day	Time	Location	Workout
20-Jan	Wed	6:00 PM	The HUB	Information Night
27-Jan	Wed	6:00 PM	Kinetic Cycles	Information Night
31-Jan	Sun	9:00 AM	Folsom Bike	Free Women's Bike Clinic Level I
3-Feb	Wed	6:00 PM	The HUB	Bike repair clinic
7-Feb	Sun	9:00 AM	Folsom Bike	Bike Clinic Level II
10-Feb	Wed	6:00 PM	Athleticamps	Bicycle Performance Seminar
14-Feb	Sun	9:00 AM	Discovery Park	Garden Highway and Bike Trail
21-Feb	Sun	9:00 AM	The HUB	Roseville/Rocklin/Lincoln/Loomis/Penryn
28-Feb	Sun	9:00 AM	Trailhead Coffee Shop	Penryn/Newcastle/Auburn
6-Mar	Sun	9:00 AM	Mikes Bikes Folsom	El Dorado Hills/Cameron Park/Rescue
13-Mar	Sun	9:00 AM	The HUB	Roseville/Rocklin/Loomis/Auburn
20-Mar	Sun	9:00 AM	Mikes Bike Folsom	El Dorado Hills/Cameron Park/Rescue
27-Mar	Sun	9:00 AM	OFF	Easter
3-Apr	Sun	9:00 AM	Discovery Park	Sacramento River Ride
10-Apr	Sun	9:00 AM	Chico	Wildflower course preview
17-Apr	Sun	9:00 AM	The HUB	Roseville/Rocklin/Loomis/Lincoln
24-Apr	Sun	7:00 AM	Chico	Chico Wildflower Century

