

Pine Grove Health and Country Club



Starts Thurs. July 1st.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CYCLE JOHN		GROUP RIDE™ CHRISTINE/PAT		GROUP RIDE™ PAT	
8:00 AM	GROUP RIDE™ PAT						GROUP RIDE™ CHRISTINE
8:10 AM			CYCLE KATHY				
9:15 AM		GROUP RIDE™ KATHY		GROUP RIDE™ PAM		GROUP RIDE™ PAM	CYCLE KATHY
5:30 PM							
6:00 PM		CYCLE JANICE		CYCLE JANICE			