



TOUR DE PRINCETON FW

PARTICIPATING CLASS SCHEDULE

STAGE	DATE	TERRAIN	INSTRUCTOR	TIME
1	Saturday, July 1	Hilly	James	9:00am-10:00am
2	Sunday, July 2	Hilly	Christy	9:00am-10:00am
3	Monday, July 3	Flat	Sharon	6:00pm-7:00pm
4	Tuesday, July 4	Flat	Kerri	9:30am-10:30am
5	Wednesday, July 5	Mountain	Sharon	12:30pm-1:30pm
6	Thursday, July 6	Mountain	Kerri	6:00pm-7:00pm
7	Friday, July 7	Hilly	Christy	9:30am-10:30am
8	Sunday, July 9	Mountain	Lauren	9:00am-10:00am
9	Monday, July 10	Hilly	Sharon	6:00pm-7:00pm
10	Tuesday, July 11	Hilly	Kerri	9:30am-10:30am
11	Wednesday, July 12	Flat	Sharon	12:30pm-1:30pm
12	Thursday, July 13	Hilly	Kerri	6:00pm-7:00pm
13	Friday, July 14	Hilly	Kerri	9:30am-10:30am
14	Sunday, July 16	Mountain	Lauren	9:00am-10:00am
15	Monday, July 17	Mountain	Sharon	6:00pm-7:00pm
16	Tuesday, July 18	Individual Time-Trial	Kerri	9:30am-10:30am
17	Wednesday, July 19	Mountain	Sharon	12:30pm-1:30pm
18	Thursday, July 20	Hilly	Kerri	6:00pm-7:00pm
19	Friday, July 21	Hilly	Kerri	9:30am-10:30am
20	Sunday, July 23	Flat	Blair	9:00am-10:00am

Remember to tag Princeton Fitness & Wellness in your #TourdePFW2023 selfies and fun moments!