



# JULY

## Training Calendar

# 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30 Train Jhb Broadacres	31					

### SIMULATION CLASSES

We have daily Virgin Active 947 Ride Joburg Simulation classes in all our clubs nationwide. Book your class on the App and earn Rewards each time you train. Don't have the App? Get it for [Android](#) or [iPhone](#).

### RACE DAYS

**11 Nov** – MTB / Kids Race **12 Nov** – MTB Race  
**19 Nov** – Road Race

### GOALS



# AUGUST

## Training Calendar

# 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2 MTB Steyn City	3	4	5
6	7	8	9 Women's Day MTB Steyn City	10	11	12
13 Train Jhb Ladies Ride 1 Broadacres	14	15	16 MTB Steyn City	17	18	19
20	21	22	23 MTB Steyn City	24	25	26
27 Train Jhb Ladies Ride 2 Broadacres	28	29	30 MTB Steyn City	31		

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### RACE DAYS

**11 Nov** – MTB / Kids Race **12 Nov** – MTB Race  
**19 Nov** – Road Race

### GOALS



# SEPTEMBER

## Training Calendar

# 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4	5	6 MTB Steyn City	7	8	9
10	11	12	13 MTB Steyn City	14	15	16
17 Train Jhb Glenvista	18	19	20 MTB Steyn City	21	22	23
24 Train Jhb Cradlestone	25	26	27 MTB Steyn City	28	29	30

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### RACE DAYS

**11 Nov** – MTB / Kids Race **12 Nov** – MTB Race  
**19 Nov** – Road Race

### GOALS



# OCTOBER

## Training Calendar

# 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4 MTB Steyn City	5	6	7
8	9	10	11 MTB Steyn City	12	13	14
15	16	17	18 MTB Steyn City	19	20	21
22 Train Jhb Glenvista	23	24	25 MTB Steyn City	26	27	28
29 Train Jhb Cradlestone	30	31				

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### RACE DAYS

**11 Nov** – MTB / Kids Race **12 Nov** – MTB Race  
**19 Nov** – Road Race

### GOALS



# NOVEMBER

## Training Calendar

# 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 <b>RACE DAY</b> MTB 10km Kids 25km
12 <b>RACE DAY</b> MTB 50km	13	14	15	16	17	18
19 <b>RACE DAY</b>	20	21	22	23	24	25
26	27	28	29	30		

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### RACE DAYS

**11 Nov** – MTB / Kids Race **12 Nov** – MTB Race  
**19 Nov** – Road Race

### GOALS