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<th>Monday</th>
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<td>9:15 AM - 10:10 AM</td>
<td>6:00 AM - 6:55 AM</td>
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<td>ENDOurance RIDE</td>
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<td>GENTLE ON THE JOINTS!</td>
<td>KF CYCLE</td>
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<td>Variety of Instructors</td>
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