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# NOVEMBER 2018 - RECHARGED CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM - MATT M.	6:00AM - MATT M.	6:00AM - ANTHONY	6:00AM - IAN	6:00AM - MATT M.	7:00AM - SONJA
8:15AM - IAN	8:00AM - MATT M.	8:15AM - IAN	8:00AM - MATT M	8:15AM - IAN	8:15AM - IAN
9:30AM - MATT M.	9:30AM - IAN	9:30AM - MATT M.	9:30AM - SAM	9:30AM - MATT M	9:30AM - MATT P
12:00PM - BRIAN		12:00PM - BRIAN		12:00PM - BRIAN	INTRO 11:00AM CALL TO RESERVE
3:30PM - ANTHONY	4:00PM - IAN	3:30PM - ANTHONY	4:00PM - IAN	3:30PM - MATT P	
5:00PM - MATT P.	5:15PM - CORY	5:00PM - MATT P	5:15PM - MATT P	5:00PM - IAN	
6:15PM - SAM	6:30PM - MATT P.	6:15PM - IAN	6:30PM - SAM		

## 30 DAY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	THE TUESDAY 200	6	7	8	9
	MORE-CORE MONDAY			THURSDAY PUMP	BRING A FRIEND FRIDAY	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	TEAM CHALLENGE AWARD
	MASTER YOUR MILE 7 MINUTE MILE	MEP MADNESS 200 MEP WORKOUT	CALORIE KING/QUEEN MEN - 700 CALORIES WOMEN - 500 CALORIES	MAX YOUR METERS MEN - 750m in 3 min WOMEN - 675m in 3 min	BEAT YOUR BEST SET A PERSONAL GOAL AND CRUSH IT!	WEIGH-IN 10:30am

## THANKSGIVING SCHEDULE

THANKSGIVING DAY CLASSES - 7AM, 8:15AM, 9:30AM

BLACK FRIDAY CLASSES - 6AM, 8:15AM, 9:30AM, 12PM