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APRIL 2019 - RECHARGED CLASS SCHEDULE

MONDAY

6:00AM - MATT M.
8:15AM - IAN
9:30AM - CHRIS
12:00PM - BRIAN
3:30PM - ANTHONY
5:00PM - MATT P.
6:15PM - SAM

TUESDAY

6:00AM - MATT M.
8:00AM - MATT M.
9:30AM - IAN
4:00PM - IAN
5:15PM - CORY
6:30PM - MATT P.

WEDNESDAY

6:00AM - ANTHONY
8:15AM - IAN
9:30AM - CHRIS
12:00PM - BRIAN
3:30PM - ANTHONY
5:00PM - MATT P
6:15PM - IAN

THURSDAY

6:00AM - IAN
8:00AM - MATT M
9:30AM - SAM
4:00PM - IAN
5:15PM - MATT P
6:30PM - SAM







FRIDAY

6:00AM - MATT M.
8:15AM - IAN
9:30AM - CHRIS
12:00PM - BRIAN
3:30PM - MATT P
5:00PM - IAN

SATURDAY

7:00AM - SONJA
8:15AM - IAN
9:30AM - MATT P

30 DAY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 THURSDAY PUMP 	5 MATT'S CELEBRITY WORKOUT OF THE MONTH 	6
7	8 MORE-CORE MONDAY 	9	10	11 THURSDAY PUMP 	12	13
14	15	16 THE TUESDAY 200 	17	18 THURSDAY PUMP 	19	20 EGGSTRAVAGANZA "THE CRACKING" 2019 EGG CRACKING CONTEST
21	22 MASTER YOUR MILE 7 MINUTE MILE	23 MEP MADNESS 200 MEP WORKOUT	24 CALORIE KING/QUEEN MEN - 700 CALORIES WOMEN - 500 CALORIES	25 MAX YOUR METERS MEN - 750m in 3 min WOMEN - 675m in 3 min	26 BEAT YOUR BEST SET A PERSONAL GOAL AND CRUSH IT!	27 TEAM CHALLENGE AWARD MEASUREMENTS AND WEIGH-IN 10:30am
28	29	30	31			

THE TEAM CHALLENGE IS BACK!

THE IROCK TEAM WORKOUT CHALLENGE IS BACK! WE'VE DROPPED THE TEAM NUMBER TO (2-5 PERSON) TEAMS TO MAKE THE COMPETITION A LITTLE MORE INTERESTING! THE TEAM WITH THE MOST WORKOUTS COMPLETED IN MARCH WILL BE CROWNED TEAM CHALLENGE CHAMPIONS, AND WILL WIN AWESOME TEAM CHALLENGE CHAMPION SHIRTS.

FOR A WORKOUT TO BE COUNTED, ALL TEAM MEMBERS MUST COMPLETE THE SAME WORKOUT TOGETHER. SIGN YOUR TEAM UP AT THE DESK AND THROW YOUR TEAM UP ON THE BOARD.

NOTE: YOU CANNOT BE LISTED AS A MEMBER ON MULTIPLE TEAMS