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# DECEMBER 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	
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	THE TUESDAY 200	4	5	THURSDAY PUMP	6
					BRING A FRIEND FRIDAY	7
8						8
9	MORE-CORE MONDAY	10	11	12	THURSDAY PUMP	13
						14
15						15
16	MASTER YOUR MILE 7 MINUTE MILE	17	MEP MADNESS 200 MEP WORKOUT	18	CALORIE KING/QUEEN MEN - 700 CALORIES WOMEN - 500 CALORIES	19
					MAX YOUR METERS MEN - 750m in 3 min WOMEN - 675m in 3 min	20
					BEAT YOUR BEST SET A PERSONAL GOAL AND CRUSH IT!	21
					TEAM CHALLENGE AWARD WEIGH-IN 10:30am	22
23	CHRISTMAS EVE	24	MERRY CHRISTMAS! CLOSED	25	26	27
					THURSDAY PUMP	28
						29
30	NEW YEARS EVE	31	NEW YEARS DAY CLOSED			

## HOLIDAY SCHEDULE

CHRISTMAS EVE CLASSES - 7AM, 8:15AM, 9:30AM

CHRISTMAS DAY - CLOSED

NEW YEARS EVE - 7AM, 8:15AM, 9:30AM

NEW YEARS DAY - CLOSED