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FEBRUARY 2019 - RECHARGED CLASS SCHEDULE

MONDAY

6:00AM - MATT M.
8:15AM - IAN
9:30AM - MATT M.
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 - MATT M.
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 - MATT M.
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	MORE-CORE MONDAY 	4	5	6	THURSDAY PUMP 	7
8						9
IROCK GAMES FUNDRAISER WORKOUT 9:30AM 	10	11	12	13	14	15
		THE TUESDAY 200 		THURSDAY PUMP 		16
17	18	19	20	21	22	23
	MASTER YOUR MILE 7 MINUTE MILE	MEP MADNESS 200 MEP WORKOUT MATT PRIBONIC KNOCK-OUT HOMELESSNESS	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!	MEASUREMENTS AND WEIGH-IN 10:30am
24	25	26	27	28		
				THURSDAY PUMP 		TEAM CHALLENGE AWARD

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 FEBRUARY 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