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JANUARY 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						
		NEW YEARS DAY CLOSED	1	2	THURSDAY PUMP	3	4	5				
6	MORE-CORE MONDAY	7	8	9	THURSDAY PUMP	10	11	12				
13	14	THE TUESDAY 200	15	16	THURSDAY PUMP	17	18	19				
20	MASTER YOUR MILE 7 MINUTE MILE	MEP MADNESS 200 MEP WORKOUT	21	CALORIE KING/QUEEN MEN - 700 CALORIES WOMEN - 500 CALORIES	22	MAX YOUR METERS MEN - 750m in 3 min WOMEN - 675m in 3 min	23	BEAT YOUR BEST SET A PERSONAL GOAL AND CRUSH IT!	24	TEAM CHALLENGE AWARD WEIGH-IN 10:30am	25	26
27	28	29	30	31								

FRIENDS ARE FREE ALL JANUARY!

If you know someone who has been wanting to try iROCK, get them in here!

Bring a new friend, the same friend, doesn't matter... all January they can work out with you for free.