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JUNE 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 - MATT P.
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 - CHRIS
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
						JUNE IS JAMMIN' 1
2	MORE-CORE MONDAY 3 	THE TUESDAY 200 4 	5	THURSDAY PUMP 6 	MATT'S CELEBRITY WORKOUT OF THE MONTH 7 	8
9	MORE-CORE MONDAY 10 	THE TUESDAY 200 11 	12	THURSDAY PUMP 13 	BATTLE ROPE FRIDAY 14 	15
16	MORE-CORE MONDAY 17 	THE TUESDAY 200 18 	19	THURSDAY PUMP 20 	BATTLE ROPE FRIDAY 21 	JAX STONE 5K 22 FOOD TRUCK FESTIVAL
23	MASTER YOUR MILE 24 7 MINUTE MILE	MEP MADNESS 25 200 MEP WORKOUT	CALORIE KING/QUEEN 26 MEN - 700 CALORIES WOMEN - 500 CALORIES	MAX YOUR METERS 27 MEN - 750m in 3 min WOMEN - 675m in 3 min	BEAT YOUR BEST 28 SET A PERSONAL GOAL AND CRUSH IT!	JAMMIN JUNE FINAL DAY 29 MEASUREMENTS AND WEIGH-IN 10:30am
30						

JUNE IS JAMMIN' AT iROCK!

Take the Jammin' June challenge to earn your limited edition Tie Dyed iRock Shirt. To win you must complete 1 iRock class per day (6 days a week) for the entire month of June. The challenge starts June 1st and the final day of the challenge will be June 29th. Good Luck!