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# MARCH 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	MORE-CORE MONDAY 	4	5	6	THURSDAY PUMP 	MATT'S CELEBRITY WORKOUT OF THE MONTH 	9	
10	11	12	13	THURSDAY PUMP 	14	15	16	
17	18	THE TUESDAY 200 	20	THURSDAY PUMP 	21	22	23	
24	MASTER YOUR MILE 7 MINUTE MILE	MEP MADNESS 200 MEP WORKOUT	CALORIE KING/QUEEN MEN - 700 CALORIES WOMEN - 500 CALORIES	MAX YOUR METERS MEN - 750m in 3 min WOMEN - 675m in 3 min	28	BEAT YOUR BEST SET A PERSONAL GOAL AND CRUSH IT!	TEAM CHALLENGE AWARD MEASUREMENTS AND WEIGH-IN 10:30am	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