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MAY 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
			1	THURSDAY PUMP  2	MATT'S CELEBRITY WORKOUT OF THE MONTH  3	CINCO DE MAYO WORKOUT  4
5	MORE-CORE MONDAY  6	THE TUESDAY 200  7	8	THURSDAY PUMP  9	BATTLE ROPE FRIDAY  10	AMIE HORNAMAN 11 NUTRITION SEMINAR 11 AM
12	MORE-CORE MONDAY  13	THE TUESDAY 200  14	15	THURSDAY PUMP  16	BATTLE ROPE FRIDAY  17	18
19	MASTER YOUR MILE 7 MINUTE MILE 20	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 MEASUREMENTS AND WEIGH-IN 10:30am 25
26	HAPPY MEMORIAL DAY SPECIAL HOURS 27	THE TUESDAY 200  28	29	THURSDAY PUMP  30	BATTLE ROPE FRIDAY  31	

MEMORIAL DAY HOURS - 7 AM, 8:15 AM, 9:30 AM

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