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# SEPTEMBER 2019 - RECHARGED CLASS SCHEDULE

## MONDAY

6:00AM - CHRIS  
8:15AM - IAN  
9:30AM - MIKENZI  
12:00PM - BRIAN  
3:30PM - ANTHONY  
5:00PM - MATT P.  
6:15PM - SAM

## TUESDAY

6:00AM - CHRIS  
8:00AM - CHRIS  
9:30AM - IAN  
4:00PM - IAN  
5:15PM - MATT P.  
6:30PM - MATT P.

## WEDNESDAY

6:00AM - CHRIS  
8:15AM - IAN  
9:30AM - MIKENZI  
12:00PM - BRIAN  
3:30PM - ANTHONY  
5:00PM - MATT P  
6:15PM - IAN

## THURSDAY

6:00AM - CHRIS  
8:00AM - CHRIS  
9:30AM - MIKENZI  
4:00PM - IAN  
5:15PM - MATT P  
6:30PM - SAM



















## FRIDAY

6:00AM - CHRIS  
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      | <b>LABOR DAY</b><br>7AM<br>8:15AM<br>9:30AM  | 2<br>THE TUESDAY 200   | 4  | 5<br>THURSDAY PUMP   | 6<br>MATT'S CELEBRITY WORKOUT OF THE MONTH  | 7<br> |
| 8      | 9<br>MORE-CORE MONDAY   | 10<br>THE TUESDAY 200  | 11   | 12<br>THURSDAY PUMP  | 13<br>BATTLE ROPE FRIDAY                    | 14   |
| 15     | 16<br>MORE-CORE MONDAY  | 17<br>THE TUESDAY 200  | 18   | 19<br>THURSDAY PUMP  | 20<br>BATTLE ROPE FRIDAY                    | 21   |
| 18     | 19<br>MORE-CORE MONDAY  | 20<br>THE TUESDAY 200  | 21   | 22<br>THURSDAY PUMP  | 23<br>BATTLE ROPE FRIDAY                    | 24   |
| 22     | 23<br>MASTER YOUR MILE<br>7 MINUTE MILE  | 24<br>MEP MADNESS<br>200 MEP WORKOUT  | 25<br>CALORIE KING/QUEEN<br>MEN - 700 CALORIES<br>WOMEN - 500 CALORIES | 26<br>MAX YOUR METERS<br>MEN - 750m in 3 min<br>WOMEN - 675m in 3 min                                     | 27<br>BEAT YOUR BEST<br>SET A PERSONAL GOAL AND CRUSH IT!  | 28<br>MEASUREMENTS AND WEIGH-IN 10:30am  |
| 29     | 30<br>MORE-CORE MONDAY  | 31<br>THE TUESDAY 200  |  |   |  |  |

## SEPTEMBER IS FRIENDS MONTH

For the entire month of September you can bring a friend to workout with you for free. Same friend, different friend, it doesn't matter. If they join you in your irock class, they are FREE.