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NOVEMBER 2020 - RECHARGED CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM - MATT P	6:00AM - NICK	6:00AM - NICK	6:00AM - ANTHONY	6:00AM - NICK	7:00AM - IAN
8:15AM - IAN	8:00AM - MARIA	8:15AM - IAN	8:00AM - CARLIE	8:15AM - MIKENZI	8:15AM - MATT P
9:30AM - MIKENZI	9:30AM - IAN	9:30AM - MIKENZI	9:30AM - MIKENZI	9:30AM - IAN	9:30AM - ANTHONY
12:00PM - MIKENZI		12:00PM - MIKENZI		12:00PM - MIKENZI	INTRO TO IROCK
3:30PM - MARIA	4:00PM - IAN	3:30PM - ANTHONY	4:00PM - KAYTI	3:30PM - MIKENZI	10:45AM - ANTHONY
5:00PM - ANTHONY	5:15PM - NICK	5:00PM - RACHEL	5:15PM - KEEGAN	5:00PM - MIKENZI	
6:15PM - RACHEL	6:30PM - RACHEL	6:15PM - KEEGAN	6:30PM - RACHEL		

30 DAY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	MORE-CORE MONDAY  2	THE TUESDAY 200  3	THE 50/50  4	THURSDAY PUMP  5	BATTLE ROPE FRIDAY  6	ALL-OUT SATURDAY  7 INTRO TO IROCK 10:45AM
8	MORE-CORE MONDAY  9	THE TUESDAY 200  10	THE 50/50  11	THURSDAY PUMP  12	BATTLE ROPE FRIDAY  13	ALL-OUT SATURDAY  14 INTRO TO IROCK 10:45AM
15	MORE-CORE MONDAY  16	THE TUESDAY 200  17	THE 50/50  18	THURSDAY PUMP  19	BATTLE ROPE FRIDAY  20	ALL-OUT SATURDAY  21 INTRO TO IROCK 10:45AM
22	MASTER YOUR MILE ²³ 7 MINUTE MILE	MEP MADNESS ²⁴ 200 MEP WORKOUT	CALORIE KING/QUEEN ²⁵ MEN - 700 CALORIES WOMEN - 500 CALORIES	THANKSGIVING DAY ²⁶ MAX YOUR METERS 300 METER RACE	BLACK FRIDAY ²⁷ BEAT YOUR BEST TRY AND SMASH ALL OF YOUR CHALLENGES FROM THE WEEK	ALL-OUT SATURDAY  28 INTRO TO IROCK 10:45AM
29	MORE-CORE MONDAY  30	THE TUESDAY 200  31				31

THANKSGIVING DAY HOURS
7AM, 8:15 AM, 9:30AM

BLACK FRIDAY HOURS
8:30 AM, 11AM