

DEC2018

SUN

MON

TUE

WED

THU

FRI

SAT

01

9:15a

FIT

02

9:15a

FLEX

03

8:30a
4:20p
5:30p

GRIT

04

8:30a
4:20p
5:30p

FIGHT

05

8:30a
4:20p
5:30p

STRONG

06

8:30a
4:20p
5:30p

GRIT

07

8:30a
4:20p
5:30p

**TRAINERS
CHOICE**

08

CLOSED
CORE CUP
@
THE YARD

09

9:15a

FIGHT

10

8:30a
4:20p
5:30p

FLEX

11

8:30a
4:20p
5:30p

**TRAINERS
CHOICE**

12

8:30a
4:20p
5:30p

GRIT

13

8:30a
4:20p
5:30p

FIT

14

8:30a
4:20p
5:30p

STRONG

15

9:15a

**TRAINERS
CHOICE**

16

9:15a

GRIT

17

8:30a
4:20p
5:30p

STRONG

18

8:30a
4:20p
5:30p

GRIT

19

8:30a
4:20p
5:30p

FIT

20

8:30a
4:20p
5:30p

GRIT

21

8:30a
4:20p
5:30p

FIGHT

22

9:15

STRONG

23

9:15

FIT

24

8:30a

**TRAINERS
CHOICE**

25

CLOSED
CHRISTMAS
DAY

26

8:30a
4:20p
5:30p

FLEX

27

8:30a
4:20p
5:30p

FIGHT

28

8:30a
4:20p
5:30p

GRIT

29

9:15a

FIT

30

9:15a

STRONG

31

8:30a

**TRAINERS
CHOICE**