

March

2019

GRIT, FIT, STRONG, FIGHT, TRAINERS CHOICE .

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 830AM Nichole 420PM Carly 530PM Ashley	2 915 Jay
3 915 Coach	4 830AM Mike 420PM Jay 530PM Jay	5 830AM Nichole 420PM Katie 530PM Katie	6 830AM Mike 420PM Katie 530PM Jay	7 830AM Mike 420PM Jay 530PM Carly	8 830AM Jay 420PM Ashley 530PM Nicole	9 915 KM
10 915 Mike	11 830AM Jay 420PM Jay 530PM Nichole	12 830AM Mike 420PM Katie 530PM Katie	13 830AM Jay 420PM Katie 530PM Carly	14 830AM Nichole 420PM Mike 530PM Mike	15 830AM Mike 420PM Ashley 530PM Ashley	16 915 Mike
17 915 Coach	18 830AM Kaylin 420PM Mike 530PM Mike	19 830AM Mike 420PM Jay 530PM Jay	20 830AM Mike 420PM Kaylin 530PM Kaylin	21 830AM Carly 420PM Kaylin 530PM Kaylin	22 830AM Kaylin 420PM Carly 530PM Jay	23 915 Jay
24 915 Jay	25 830AM Mike 420PM Jay 530PM Carly	26 830AM Jay 420PM Katie 530PM Katie	27 830AM Nichole 420PM Mike 530PM Mike	28 830AM Mike 420PM Kaylin 530PM Kaylin	29 830AM Jay 420PM Katie 530PM Ashley	30 915 Mike
31 915 Coach						