

May

2019

GRIT, FIT, STRONG, FIGHT, TRAINERS CHOICE .

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 830AM MIKE 420PM MIKE 530PM MIKE	2 830AM KAYLIN 420PM JAY 530PM JAY	3 830AM JAY 420PM CARLY 530PM CARLY	4 915 JAY
5 915 MIKE	6 830AM MIKE 420PM KATIE 530PM KAYLIN	7 830AM KAYLIN 420PM JAY 530PM JAY	8 830AM NICHOLE 420PM KATIE 530PM KATIE	9 830AM KAYLIN 420PM ASHLEY 530PM NIICHOLE	10 830AM JAY 420PM MIKE 530PM MIKE	11 915 JAY
12 915 COACH	13 830AM KAYLIN 420PM MIKE 530PM MIKE	14 830AM MIKE 420PM JAY 530PM ASHLEY	15 830AM KAYLIN 420PM JAY 530PM MIKE	16 830AM JAY 420PM KATIE 530PM KATIE	17 830AM JAY 420PM KATIE 530PM NICHOLE	18 915 MIKE
19 915 JAY	20 830AM JAY 420PM KAYLIN 530PM KAYLIN	21 830AM KAYLIN 420PM JAY 530PM JAY	22 830AM NICHOLE 420PM KAYLIN 530PM KAYLIN	23 830AM JAY 420PM MIKE 530PM MIKE	24 830AM MIKE 420PM NICHOLE 530PM NICHOLE	25 915 MIKE
26 915 COACH	27 830AM KATIE Memorial Day	28 830AM MIKE 420PM KATIE 530PM KAYLIN	29 830AM MIKE 420PM KATIE 530PM KATIE	30 830AM KAYLIN 420PM JAY 530PM JAY	31 830AM NICHOLE 420PM JAY 530PM JAY	