

September

2019

GRIT, FIT, STRONG, FIGHT, TRAINERS CHOICE.

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

