

March

2020

STRONG, GRIT, FIGHT, FIT, TRAINER'S CHOICE

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

