

MARCH 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 5:00PM	
5	6	7	8	9	10	11
	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM CROSSFIT 9:00AM TABATA 2:00PM CROSSFIT 5:30PM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 5:00PM	
12	13	14	15	16	17	18
	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM CROSSFIT 9:00AM TABATA 2:00PM CROSSFIT 5:30PM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 5:00PM	BACK TO NATURE HIKE TC PARK 10:00AM
19	20	21	22	23	24	25
	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM CROSSFIT 9:00AM TABATA 2:00PM CROSSFIT 5:30PM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 7:00PM KICKBALL 6:00PM	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM PERFORMANT 5:00PM	
26	27	28				
	PERFORMANT 7:00AM PERFORMANT 7:00PM	PERFORMANT 7:00AM CROSSFIT 9:00AM TABATA 2:00PM CROSSFIT 5:30PM PERFORMANT 7:00PM				

For CrossFit classes, visit <http://www.crossfittrophyclub.com> to secure your class time.

Tabata classes will be held at the community pool. Hosted by Victory Chiropractic

For more information about classes at Performant Fitness, visit <http://www.performantfitness.com>.

Check back regularly for new classes being added throughout the challenge. If you would like to be a Community Challenge partner, please contact kdarling@trophyclub.org.