

JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 COMMUNITY CHALLENGE KICKOFF	10 PERFORMANT 7:00AM CROSSFIT 9:00AM FULLER RHYTHM 11:00AM TABATA 2:00PM CROSSFIT 5:30PM PERFORMANT 7:00PM	11 PERFORMANT 7:00AM DANCE AT FULLER RHYTHM 6:00 PERFORMANT 7:00PM	12 PERFORMANT 7:00AM PERFORMANT 7:00PM	13 PERFORMANT 7:00AM PERFORMANT 5:00PM	14 CG OPEN WORKOUT BYRON NELSON 7:00AM
15	16 PERFORMANT 7:00AM PERFORMANT 7:00PM	17 PERFORMANT 7:00AM CROSSFIT 9:00AM FULLER RHYTHM 11:00AM TABATA 2:00PM CROSSFIT 5:30PM PERFORMANT 7:00PM	18 PERFORMANT 7:00AM DANCE AT FULLER RHYTHM 6:00 PERFORMANT 7:00PM	19 PERFORMANT 7:00AM PERFORMANT 7:00PM	20 PERFORMANT 7:00AM PERFORMANT 5:00PM	21 CG OPEN WORKOUT BYRON NELSON 7:00AM CG GROUP EXERCISE AT HARMONY PARK 10:00AM
22	23 PERFORMANT 7:00AM PERFORMANT 7:00PM	24 PERFORMANT 7:00AM CROSSFIT 9:00AM FULLER RHYTHM 11:00AM TABATA 2:00PM CROSSFIT 5:30PM PERFORMANT 7:00PM	25 PERFORMANT 7:00AM DANCE AT FULLER RHYTHM 6:00 PERFORMANT 7:00PM	26 PERFORMANT 7:00AM PERFORMANT 7:00PM	27 PERFORMANT 7:00AM PERFORMANT 5:00PM	28 CG OPEN WORKOUT BYRON NELSON 7:00AM
29	30 PERFORMANT 7:00AM PERFORMANT 7:00PM	31 PERFORMANT 7:00AM CROSSFIT 9:00AM FULLER RHYTHM 11:00AM 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>.

For a list of Camp Gladiator classes available near you, visit <http://campgladiator.com/camp-gladiator-regions/>. Only the Saturday class is available for the Challenge.

Visit Fuller Rhythm Studio for more information about additional classes offered at <http://www.fullerrhythm.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.