

AUGUST

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1

REST WEEK - NO CLASS

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9:30a-11:00a SUS
11:00a-11:30a Yoga
11:30a-12p OTT
12-12:30p TM

4

9:30a-11:00a SUS
11:00a-11:30a BC
11:30a-12p OTT
12-12:30p TM

5

9:30a-11:00a SUS
11:00a-11:30a FF
11:30a-12p OTT
12-12:30p TM

6

9:30a - 11:30a OT
11:30a - 12p OTT
12-12:30p TM

7

8

9

10

9:30a-11:00a SUS
11:00a-11:30a AC
11:30a-12p OTT
12-12:30p TM

11

9:30a-11:00a SUS
11:00a-11:30a BC
11:30a-12p OTT
12-12:30p TM

12

9:30a-11:00a SUS
11:00a-11:30a BC
11:30a-12p OTT
12-12:30p TM

13

**Friend
Frenzy
Run
4 PM**

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NOTES

SUS = Straight Up Strength

OT = Over Time

BC = Base Camp

TM = Team
Building Outside

OTT = Open Training Time

FF = Friend Frenzy

AC = ABSolutely Core