

Bodyshock/Dungeon February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bodyshock 5:35am** Dungeon 10:15** Tread nshred	2 Bodyshock 12pm *and 6:30pm!!	3 Bodyshock 5:35am** Dungeon 9:00am**	4
5	6 Bodyshock 5:35am** Bodyshock 12pm**	7 Bodyshock 12pm *& 6:30pm!!	8 Bodyshock 5:35am** Dungeon 10:15** ropes	9 Bodyshock 12pm *& 6:30pm!!	10 BS 5:35am** Dungeon** 9:00 Valentine workout	11
12	13 Bodyshock 5:35am** Bodyshock 12pm**	14 Bodyshock 12pm *& 6:30pm!!	15 BS 5:35am** Dungeon 10:15** Valentine Workout	16 Bodyshock 12pm *& 6:30pm!!	17 Bodyshock 5:35am** Dungeon 9:00**	18
19	20 Bodyshock 5:35am** Bodyshock 12pm**	21 Bodyshock 12pm *& 6:30pm!!	22 Bodyshock 5:35am** Dungeon 10:15**	23 Bodyshock 12pm *& 6:30pm!!	24 BS 5:35am** Dungeon 9:00** ½ vertical ½ horizontal	
26	27 Bodyshock 5:35am** Bodyshock 12pm**	28 Bodyshock 12pm*& 6:30pm!!	29 Dungeon 10:15** Weights &plyos	**meets in training room	!!meets in classrooms	*meets by front desk