

# FEBRUARY 2015

Group Training Schedule

THE STRUGGLE YOU'RE IN TODAY IS DEVELOPING  
THE STRENGTH YOU NEED FOR TOMORROW



| SUNDAY                              | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|-------------------------------------|--|--|--|--|---|---|
| 1<br><b>Endurance C</b><br>10:00am  | 2<br><b>Sprint/Core</b><br>MORNING<br>6:30am, 7:30am, 9:30am<br>EVENING<br>5:30pm<br>Kickboxing 6:15pm | 3<br><b>Strength A</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>5:45pm, 6:30pm       | 4<br><b>Strength B</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>6:00pm       | 5<br><b>Sprint/Function</b><br>MORNING<br>6:30am, 7:30am, 9:30am<br>EVENING<br>5:45pm<br>Kickboxing 6:30pm | 6<br><b>Strength C</b><br>MORNING<br>6:30am, 7:30am   | 7<br><b>Boot Camp!</b><br>With Andrew<br>10:00am    |
| 8<br><b>Sprint/Core</b><br>10:00am  | 9<br><b>Power A</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>5:30pm<br>Kickboxing 6:15pm             | 10<br><b>Power B</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>5:45pm, 6:30pm         | 11<br><b>Sprint/Function</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>6:00pm | 12<br><b>Power C</b><br>MORNING<br>6:30am, 7:30am, 9:30am<br>EVENING<br>5:45pm<br>Kickboxing 6:30pm        | 13<br><b>Sprint/Core</b><br>MORNING<br>6:30am, 7:30am | 14<br><b>Boot Camp!</b><br>With Ryan<br>10:00am     |
| 15<br><b>Balance A</b><br>10:00am   | 16<br><b>Balance B</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>5:30pm<br>Kickboxing 6:15pm          | 17<br><b>Sprint/Function</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>5:45pm, 6:30pm | 18<br><b>Balance C</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>6:00pm       | 19<br><b>Sprint/Core</b><br>MORNING<br>6:30am, 7:30am, 9:30am<br>EVENING<br>5:45pm<br>Kickboxing 6:30pm    | 20<br><b>Endurance A</b><br>MORNING<br>6:30am, 7:30am | 21<br><b>Boot Camp!</b><br>With Ethan<br>10:00am    |
| 22<br><b>Endurance B</b><br>10:00am | 23<br><b>Sprint/Function</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>5:30pm<br>Kickboxing 6:15pm    | 24<br><b>Endurance C</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>5:45pm, 6:30pm     | 25<br><b>Sprint/Core</b><br>MORNING<br>6:30am, 7:30am<br>EVENING<br>6:00pm     | 26<br><b>Strength A</b><br>MORNING<br>6:30am, 7:30am, 9:30am<br>EVENING<br>5:45pm<br>Kickboxing 6:30pm     | 27<br><b>Strength B</b><br>MORNING<br>6:30am, 7:30am  | 28<br><b>Boot Camp!</b><br>With Michelle<br>10:00am |
|                                     |  |  |  |  |   |   |

www.birdrockfit.com/schedule

SCHEDULE YOUR SESSIONS ONLINE: