


# March



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>ENERGY ZONE</b> EEZ-Endurance SEZ-Strength IEZ-Interval RDEZ-Race Day REZ-Recovery		<b>INSTRUCTORS</b> KB-Ken Bushey JM-Joe McCarthy AR-Ann Ripley AS-Angie Scott		<b>1</b> 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR SEZ	<b>2</b> 5:45-6:45 a.m.AS SEZ	<b>3</b> 7:30-8:30am AR EEZ
<b>4</b>	<b>5</b> 5:45-6:45 a.m.AS EEZ	<b>6</b> 6:45-7:45am AS SEZ 12:00-12:45pm AR EEZ 5:15-6:15pm AS EEZ	<b>7</b> 5:45-6:45 a.m.AS SEZ	<b>8</b> 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR IEZ	<b>9</b> 5:45-6:45 a.m.AS IEZ	<b>10</b> 7:30-8:30am AR SEZ
<b>11</b>	<b>12</b> 5:45-6:45 a.m.AS SEZ	<b>13</b> 6:45-7:45am AS SEZ 12:00-12:45pm AR SEZ 5:15-6:15pm AS SEZ	<b>14</b> 5:45-6:45 a.m.AS IEZ	<b>15</b> 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR EEZ	<b>16</b> 5:45-6:45 a.m.AS EEZ	<b>17</b> 7:30-8:30am AR IEZ 
<b>18</b>	<b>19</b> 5:45-6:45 a.m.AS IEZ	<b>20</b> 6:45-7:45am AS EEZ 12:00-12:45pm AR IEZ 5:15-6:15pm AS IEZ	<b>21</b> 5:45-6:45 a.m.AS EEZ	<b>22</b> 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR SEZ	<b>23</b> 5:45-6:45 a.m.AS SEZ	<b>24</b> 7:30-8:30am AR EEZ
<b>25</b>	<b>26</b> 5:45-6:45 a.m.AS EEZ	<b>27</b> 6:45-7:45am AS IEZ 12:00-12:45pm AR EEZ 5:15-6:15pm AS EEZ	<b>28</b> 5:45-6:45 a.m.AS SEZ	<b>29</b> 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR IEZ	<b>30</b> 5:45-6:45 a.m.AS IEZ	<b>31</b> 7:30-8:30am AR SEZ

# 2018