

March



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