2020 <- AUGUST OCTOBER ->

SEPTEMBER

Su	Mo	Tu	We	Th	Fr	Sa
30	31	1 Rebekah Total Body Metcon + Accessory Core Work	2 Tyler Upper body strength: Shoulders + Metcon	3 Kayla Lower body strength: Glutes + Metcon	4 Lauren Upper body strength: Chest/Triceps + Metcon	5 Lacie Total Body Metcon + Accessory Core Work
6	7 GBC closed for Labor Day	8 Lauren Total Body Metcon + Accessory Core Work	9 Tyler Upper body strength: Back/Biceps + Metcon	10 Kayla Lower body strength: Hamstrings + Metcon	11 Rebekah Upper body strength: Shoulders + Metcon	12 Lacie Total Body Metcon + Accessory Core Work
13	14 Abbey Lower body strength: Glutes + Metcon	15 Rebekah Total Body Metcon + Accessory Core Work	16 Tyler Upper body strength: Chest/Triceps + Metcon	17 Kayla Lower body strength: Quads + Metcon	18 Lauren Upper body strength: Back/Biceps + Metcon	19 Lacie Total Body Metcon + Accessory Core Work
20	21 Abbey Lower body strength: Hamstrings + Metcon	22 Lauren Total Body Metcon + Accessory Core Work	23 Tyler Upper body strength: Shoulders + Metcon	24 Kayla Lower body strength: Glutes + Metcon	25 Rebekah Upper body strength: Chest/Triceps + Metcon	26 Kayla Total Body Metcon + Accessory Core Work
27	28 Abbey Lower body strength: Quads + Metcon	29 Lacie Total Body Metcon + Accessory Core Work	30 Tyler Upper body strength: Back/Biceps + Metcon	1	2	3