

Thursday Night Fit to Fight Events

Every Thursday 1700-2200

Schedule

- Apr 1 Sprint Triathlon**
- Apr 8 2 Min Max distance Sand Bag Run**
- Apr 15 Max Push, Pull, Dip Competition**
- Apr 22 Power Lifting Meet**
- Apr 29 Track & Field Night**
- May 6 Core Challenge**
- May 13 Rope Climb**
- May 27 Rowing Night (1km, 500M, 100M)**
- Jun 03 Rock Race**
- Jun 10 1600 Meter Time Trial**
- Jun 17 500, 40, 30, 20, 10 Baseline Challenge**
- Jun 24 Indoor Obstacle Course**
- Jul 1 Indoor Sprint Triathlon**

Test Your Fitness

Winners Male and Female earn certificates good for a free smoothie at the juice bar.