

Plank Challenge Schedule	Date
Tuesdays at 5:15 pm-Trainer Michaela	8-Jan
Wednesdays at 5:15 pm-Trainer Amy	9-Jan
Fridays at 5:00 pm- Trainer Brandon	11-Jan
Saturdays at 9:05 am-Trainer Devan	12-Jan
Mondays at 5:30 am - Trainer Kerri	14-Jan
Wednesdays at 7:00 pm- Trainer Devan	16-Jan
Thursdays at 7:00 pm-Trainer Ariana	17-Jan
Saturdays at 8:00 am-Trainer Sarah	19-Jan
Mondays at 5:15 pm-Trainer Tyler	21-Jan
Wednesdays at 8:15 am-Trainer Jeremy	23-Jan
Thursdays at 5:30 am-Trainer Amy	24-Jan
Saturdays at 9:00 am-Trainer Matty	26-Jan
Mondays at 7:00 pm-Trainer Matty	28-Jan
Tuesdays at 7:15 pm - Trainer Brandon	29-Jan