



FALL 2019 MASTER DATES

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Kickoff: September 16th
Finisher: November 11th

Kickoff: September 17th
Finisher: November 12th

Kickoff: September 18th
Finisher: November 13th

Kickoff: September 19th
Finisher: November 14th

Greenwich, CT
Milford, CT
Manchester, CT
Shelton, CT
Cherry Hill, NJ

Trumbull, CT
Fairfield, CT
Norwalk, CT
Delran, NJ
Philadelphia, PA

Orange, CT
Stratford, CT
Derby, CT
Deptford, NJ
Media, PA
Christiana, DE

Meriden, CT
Hamden, CT
Danbury, CT
Bristol, CT
Washington
Township, NJ

Group Weekly Workouts

Week 1: Saturday, September 21st

Week 2: Saturday, September 28th

Week 3: Saturday, October 5th

Week 4: Saturday, October 12th

Week 5: Saturday, October 19th

Week 6: Saturday, October 26th

Week 7: Saturday, November 2nd

Week 8: Saturday, November 9th