

Gmail

COMPOSE

Inbox (33)

Important

Chats

More labels

Quick Links

Google Calendar

			Month:Sept		
			Theme: Physical Fitness		More
		PROGRAM: _Spartan		SERVICE: Beast	
DATE	PRE-OPENING	PATROL CORNERS	DEMO	GAME	GAME
2-Sep	Stretching- Matt B		Physical Fitness Round Robin	1) Sprint- Mike C 2) Push Up- Will 3) Sit Up- Finn 4) Planks- John 5) Burpies- Matt B	1) Sprint- Mike C 2) Push Up- Will 3) Sit Up- Finn 4) Planks- John 5) Burpies- Matt B
9-Sep	Yoga - Finn L		Health Triangle- John V	Cranes And Crows Will D	Cranes And Crows- Will D
15-Sep	Greenbar - 6:30-8:30				
16-Sep	Frisbee- Mike H	Ideas For Greenbar Equipment List/ Activity Sheet Menus	Obstacle Course - Finn L, Steve L, Ian W		6:30-8:30
23-Sep	Snatch The Bacon- Matt B	FINAL Plan for Campout	Endurance Activity- Will D	Elimination Frisbee- Sam G	Elimination Frisbee- Sam G
30-Sep	Veteran's Park XC				Board Of (- Jo

