



Move 2 Win Classes & Events

FFC LINCOLN PARK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Weigh-In + TRX MAPS 6:30pm-8:00pm KICKOFF PARTY 6:00pm Swim Lesson	2 Weigh-In + TRX MAPS	3 Weigh-In + TRX MAPS 3:00pm Sufferfest™ POWER Cycling
5	6 7:15pm Triathlon Brick Bike+Run (Spin Studio)	7	8 6:00pm Swim Lesson	9 7:00pm Sufferfest™ + Opening Ceremony Viewing Party	10 3:00pm Sufferfest™ POWER Cycling
12	13 7:15pm Triathlon Brick Bike+Run (Spin Studio)	14	15 6:00pm Swim Lesson	16	17
19	20 7:15pm Triathlon Brick Bike+Run (Spin Studio)	21	22 6:00pm Swim Lesson	23	24
26 Weigh-out + TRX MAPS reassessment	27 7:15pm Triathlon Brick Bike+Run (Spin Studio) Weigh-out + TRX MAPS reassessment	28 Weigh-out + TRX MAPS reassessment			

Visit [FFC.COM/M2W](https://www.ffc.com/m2w) to register and view complete rules.