

# 12<sup>th</sup> State CrossFit | 2016-2017 CALENDAR \*updated 2/8

## SEPTEMBER 2016

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

**17 Founders Day Wod & Celebration @ Gym**

## MARCH 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

1 & 15 WODbody @ Gym  
 2 17.2 Open Anmt & T'down  
**3 FNL Open @ Gym**  
 9 17.3 Open Anmt & T'down  
**10 FNL Open @ Gym**  
 16 17.4 Open Anmt & T'down  
**17 FNL Open @ Gym**  
 23 17.5 Open Anmt & T'down  
**24/25 FNL Open @ Gym**

## OCTOBER 2016

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

**29 Halloween Wod**

## APRIL 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

5 & 19 WODbody @ Gym

**tbd - Supper Club/WOD & WINE / BRO'S & BARBELLS**

## NOVEMBER 2016

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

18 Supper Club (Register on Wodify)

**24 Thanksgiving Day- Modified Class Schedule**  
 8:30am/10am

\*Team 12<sup>th</sup> State @ Raleigh Turkey Trot ([info/reg](#))

**25 Regular Class Times**

## MAY 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

3 & 17 WODbody @ Gym

**bd-Supper Club**

**tbd Reebok CrossFit Games Regionals**

**29 MURPH Memorial Day modified class schedule**

## DECEMBER 2016

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

7 WODbody/Vince @ Gym  
**10 Holiday Party @ Lynnwood Brewing Concern RSVP!**  
 10 Adapt & Conquer Seminar 1-4pm w/ Steph Hammerman  
**tbd-Dec Supper Club**  
**24 Reg Saturday Class Times**  
**25 Christmas -Gym Closed**  
**31 NYE- Reg Sat Class Times**

## JUNE 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

7 & 21 WODbody @ Gym

2<sup>nd</sup> CrossFit Regionals

## JANUARY 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

**1 - New Years Day Gym Open**

4 & 18 WODbody @ Gym

15-17 Wodapalooza

Jan Supper Club

## JULY 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

5 & 19 WODbody @ Gym

## FEBRUARY 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 |    |    |    |    |

1 & 15 WODbody @ Gym  
**11-Valentines Partner Wod**  
 12 - HSPU Clinic 3-4:30  
 18 - Open Prep - TBD  
 19 - Bar MU Clinic 3-4:30  
**23 17.1 Open Wod Anmt & Throwdown @ Gym**  
**24 Friday Night Lights Open Wod @ Gym**

## AUGUST 2017

| S  | M  | T  | W  | Th | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  |    |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

2 & 16 WODbody @ Gym

**1-6 Reebok CrossFit Games in Madison, WI**