TALLAHASSEE ROGUE REGION

FREE MEN'S WORKOUTS
LOCATIONS & TIMES

AO NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEAR COMPLEX GILCHRIST ELEM	RUCK WORKOUT 05:00 AM		RUCK WORKOUT 05:00 AM				
BEAR DEN GILCHRIST ELEM				BOOTCAMP 05:25 AM			
THE BOG FRED GEORGE GREENWAY PARK		BOOTCAMP 05:25 AM					
BUCKSHOT PEDRICK PARK LIBRARY	BOOTCAMP 05:25 AM						
THE COOP REI PARKING LOT					WEIGHT BASED WORK 05:00 AM		
EARLY BIRDS WINTHROP PARK						EARLY BOOTCAMP 05:45 AM	
THE FALLS CASCADES PARK						BOOTCAMP 07:00 AM	
FIELD OF DREAMS MEADOWS SOCCER					BOOTCAMP 05:25 AM		
THE GOAT N MONROE LUCKY GOAT		RUN WORKOUT 05:25 AM		RUN WORKOUT 05:25 AM			RUN WORKOUT 06:00 AM
THE HANGAR HANGAR 38						BOOTCAMP 07:00 AM	
HOBO JUNGLE LUCKY GOAT MARKET SQUARE		RUN WORKOUT 05:25 AM		RUN WORKOUT 05:25 AM			RUN WORKOUT 06:00 AM
JUGGERNAUT WINTHROP PARK			BOOTCAMP 05:25 AM				
PRISON YARD LEON HIGH	BOOTCAMP 05:25 AM						
RECESS TOM BROWN PARK				BOOTCAMP 05:25 AM			
THE RUNS EL JALISCO SOUTHWOOD			RUN WORKOUT 05:25 AM				
SOUTH PARK 4 OAKS PARK SOUTHWOOD					BOOTCAMP 05:25 AM		
W.A.W. GLORY PARKING LOT BEHIND GLORY DAYS		BOOTCAMP 18:00 PM					
WITCH DOCTOR AC HOTEL AT CASCADES					RECOVERY / STRETCHING 05:25 AM FIRST FRIDAY ONLY		
WOLF DEN CHILES HIGH	BOOTCAMP 05:25 AM		BOOTCAMP 05:25 AM				
WOODSHED SOUTHWOOD COMM CENTER		BOOTCAMP 05:25 AM					

FITNESS - FELLOWSHIP - FAITH

@f3tallahassee @f3_tallahassee

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