

# WORKOUT 1

## HEAT 1 | 9:00AM

LANE	TEAM	DIVISION
1	Fabulous 40's	Female Masters
2	EGA Masters	Female Masters
3	Beast Mode Babes	Female Masters
4	Power Puff Girls	Female Novice

## HEAT 4 | 9:45AM

LANE	TEAM	DIVISION
1	The Jalapeño Bandits	Male Rx
2	ASAP	Male Rx
3	Swole Bros	Male Rx
4	Fine Whine	Female Rx

## HEAT 2 | 9:15AM

LANE	TEAM	DIVISION
1	WarriorZ Bros	Male Masters
2	Get Er' Done	Male Masters
3	Viejos Strong	Male Masters
4	Dumb and Dumber	Male Novice

## HEAT 5 | 10:00AM

LANE	TEAM	DIVISION
1	ASAP JoJo	Male Rx
2	Concept MX	Male Rx
3	Quads of Fury	Female Rx
4	Your Mom	Female Rx

## HEAT 3 | 9:30AM

LANE	TEAM	DIVISION
1	Go Hard or Go home	Male Novice
2	BLT	Male Novice
3	But First, Coffee	Female Novice
4	Peanut Butter & Jelly Legs	Female Novice

## HEAT 6 | 10:15AM

LANE	TEAM	DIVISION
1	Iron Glutes	Male Rx
2	Guapos Gringos	Male Rx
3	82Much	Female Rx
4	The Wonder Twins	Female Rx

# WORKOUT 2

## HEAT 1 | 10:45AM

LANE	TEAM	DIVISION
1	Fabulous 40's	Female Masters
2	EGA Masters	Female Masters
3	Beast Mode Babes	Female Masters
4	Power Puff Girls	Female Novice

## HEAT 4 | 11:45AM

LANE	TEAM	DIVISION
1	The Jalapeño Bandits	Male Rx
2	ASAP	Male Rx
3	Swole Bros	Male Rx
4	Fine Whine	Female Rx

## HEAT 2 | 11:05AM

LANE	TEAM	DIVISION
1	WarriorZ Bros	Male Masters
2	Get Er' Done	Male Masters
3	Viejos Strong	Male Masters
4	Dumb and Dumber	Male Novice

## HEAT 5 | 12:05AM

LANE	TEAM	DIVISION
1	ASAP JoJo	Male Rx
2	Concept MX	Male Rx
3	Quads of Fury	Female Rx
4	Your Mom	Female Rx

## HEAT 3 | 11:25AM

LANE	TEAM	DIVISION
1	Go Hard or Go home	Male Novice
2	BLT	Male Novice
3	But First, Coffee	Female Novice
4	Peanut Butter & Jelly Legs	Female Novice

## HEAT 6 | 12:25AM

LANE	TEAM	DIVISION
1	Iron Glutes	Male Rx
2	Guapos Gringos	Male Rx
3	82Much	Female Rx
4	The Wonder Twins	Female Rx

# WORKOUT 3

## HEAT 1 | 1:00PM

LANE	TEAM	DIVISION
1	Fabulous 40's	Female Masters
2	EGA Masters	Female Masters
3	Beast Mode Babes	Female Masters
4	Power Puff Girls	Female Novice

## HEAT 4 | 2:15PM

LANE	TEAM	DIVISION
1	The Jalapeño Bandits	Male Rx
2	ASAP	Male Rx
3	Swole Bros	Male Rx
4	Fine Whine	Female Rx

## HEAT 2 | 1:25PM

LANE	TEAM	DIVISION
1	WarriorZ Bros	Male Masters
2	Get Er' Done	Male Masters
3	Viejos Strong	Male Masters
4	Dumb and Dumber	Male Novice

## HEAT 5 | 2:40PM

LANE	TEAM	DIVISION
1	ASAP JoJo	Male Rx
2	Concept MX	Male Rx
3	Quads of Fury	Female Rx
4	Your Mom	Female Rx

## HEAT 3 | 1:50PM

LANE	TEAM	DIVISION
1	Go Hard or Go home	Male Novice
2	BLT	Male Novice
3	But First, Coffee	Female Novice
4	Peanut Butter & Jelly Legs	Female Novice

## HEAT 6 | 3:05PM

LANE	TEAM	DIVISION
1	Iron Glutes	Male Rx
2	Guapos Gringos	Male Rx
3	82Much	Female Rx
4	The Wonder Twins	Female Rx